

VJK KB Diksmuide 26: Session: 1: COACH evaluation sheet for TEAM: ZN

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Dooren Glenn

Coaches: Dekker Tamiko

Coaches: Faes Sandra

Coaches: Blaton Joke HEADCOACH

PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:1, starttime: 09:00
Heat: 1/6 Lane : 4 Athlete: THIJSBAERT NIO					Q-time: 01:25:56
PB (25m pool): 01:25.56 Nijlen 01/03/2026					PB (50m pool): 01:27.13 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.44		01:25.56	
	00:39.44		00:46.12		
					

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:4, starttime: 09:06
Heat: 4/6 Lane : 2 Athlete: SEYMUS AXEL					Q-time: 01:16:44
PB (25m pool): 01:16.44 Mol 04/10/2026					PB (50m pool): 01:18.84 SB: 01:16.44 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.73		01:16.44	
	00:35.73		00:40.71		
					

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:5, starttime: 09:08
Heat: 5/6 Lane : 5 Athlete: VERDONCK STAN					Q-time: 01:13:86
PB (25m pool): 01:10.86 Nijlen 18/10/2026					PB (50m pool): 01:15.24 SB: 01:10.86 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.77		01:10.86	
	00:33.77		00:37.09		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 09:14
Heat: 2/5 Lane : 5 Athlete: VERMAELEN MIYA					Q-time: 01:23:81
PB (25m pool): 01:23.81 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:25.34 SB: 01:24.23 Mol 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.54		01:23.81	
	00:39.54		00:44.27		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:3, starttime: 09:16
Heat: 3/5 Lane : 1 Athlete: BASSTANIE LIENE					Q-time: 01:22:88
PB (25m pool): 01:22.88 Temse 17/11/2025 PB (50m pool): 01:26.30 SB: 01:24.93 Nijlen 18/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.20		01:22.88	
	00:39.20		00:43.68		
					

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14					Heat:3, starttime: 09:53
Heat: 3/4 Lane : 1 Athlete: VERDONCK STAN					Q-time: 00:32:95
PB (25m pool): 00:32.95 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M			
PB		00:32.95			
	00:32.95				
					

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14							Heat:2, starttime: 10:46	
Heat: 2/4 Lane : 3 Athlete: BASSTANIE LIENE							Q-time: 04:57:36	
PB (25m pool): 04:57.36 Sint-Niklaas 11/01/2026							PB (50m pool): 05:07.89SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:12.22		no time		02:28.22
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		04:57.36
								