

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

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

Coaches: Kindt Joachim HEADCOACH

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

| Event number: 1: 100M BREASTSTROKE MEN 13-14 |           |           |           |           | Heat:3, starttime: 09:04            |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 3/6 Lane : 1 Athlete: BOMBEECK MATHIAS |           |           |           |           | Q-time: 01:21:87                    |
| PB (25m pool): 01:21.87 Temse 31/05/2026     |           |           |           |           | PB (50m pool): 01:23.29 SB: no time |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                           |           | 00:37.76  |           | 01:21.87  |                                     |
|                                              |           | 00:37.76  |           | 00:44.11  |                                     |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 1: 100M BREASTSTROKE MEN 13-14  |           |           |           |           | Heat:4, starttime: 09:06                              |
|-----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------------------------|
| Heat: 4/6 Lane : 7 Athlete: TER-EGANYAN ARMAN |           |           |           |           | Q-time: 01:17:81                                      |
| PB (25m pool): 01:17.81 Eeklo 06/04/2026      |           |           |           |           | PB (50m pool): 01:18.96 SB: 01:18.11 EEKLO 04/10/2026 |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                       |
| PB                                            |           | 00:36.22  |           | 01:17.81  |                                                       |
|                                               |           | 00:36.22  |           | 00:41.59  |                                                       |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                       |

Coach feedback:

| Event number: 1: 100M BREASTSTROKE MEN 13-14 |           |           |           |           | Heat:6, starttime: 09:09                              |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------------------------|
| Heat: 6/6 Lane : 3 Athlete: WALTNIEL BAVO    |           |           |           |           | Q-time: 01:14:19                                      |
| PB (25m pool): 01:14.19 EEKLO 04/10/2026     |           |           |           |           | PB (50m pool): 01:15.02 SB: 01:14.19 EEKLO 04/10/2026 |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                       |
| PB                                           |           | 00:35.02  |           | 01:14.19  |                                                       |
|                                              |           | 00:35.02  |           | 00:39.17  |                                                       |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                       |

Coach feedback:

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| Event number: 2: 100M BREASTSTROKE WOMEN 13-14 |          |          |          |          | Heat:3, starttime: 09:16                              |
|------------------------------------------------|----------|----------|----------|----------|-------------------------------------------------------|
| Heat: 3/5 Lane : 5 Athlete: DE SMET LILY       |          |          |          |          | Q-time: 01:18:93                                      |
| PB (25m pool): 01:18.93 EEKLO 04/10/2026       |          |          |          |          | PB (50m pool): 01:19.62 SB: 01:18.93 EEKLO 04/10/2026 |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                       |
| PB                                             |          | 00:37.24 |          | 01:18.93 |                                                       |
|                                                | 00:37.24 |          | 00:41.69 |          |                                                       |
|                                                | .....    | .....    | .....    | .....    |                                                       |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE WOMEN 13-14 |          |          |          |          | Heat:4, starttime: 09:18                              |
|------------------------------------------------|----------|----------|----------|----------|-------------------------------------------------------|
| Heat: 4/5 Lane : 3 Athlete: LEGRAND ALICIA     |          |          |          |          | Q-time: 01:20:18                                      |
| PB (25m pool): 01:20.18 EEKLO 04/10/2026       |          |          |          |          | PB (50m pool): 01:20.22 SB: 01:20.18 EEKLO 04/10/2026 |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                       |
| PB                                             |          | 00:37.56 |          | 01:20.18 |                                                       |
|                                                | 00:37.56 |          | 00:42.62 |          |                                                       |
|                                                | .....    | .....    | .....    | .....    |                                                       |

Coach feedback:

| Event number: 4: 200M MEDLEY WOMEN 15-16    |          |          |       |         | Heat:2, starttime: 09:40            |         |       |          |
|---------------------------------------------|----------|----------|-------|---------|-------------------------------------|---------|-------|----------|
| Heat: 2/4 Lane : 7 Athlete: RUYSSINCK DIEDE |          |          |       |         | Q-time: 02:34:78                    |         |       |          |
| PB (25m pool): 02:34.78 Sinbad 16/03/2025   |          |          |       |         | PB (50m pool): 02:41.58 SB: no time |         |       |          |
|                                             | 2 5 M    | 5 0 M    | 7 5 M | 1 0 0   | 1 2 5                               | 1 5 0   | 1 7 5 | 2 0 0 M  |
| PB                                          |          | 00:32.73 |       | no time |                                     | no time |       | 02:34.78 |
|                                             | 00:32.73 |          |       |         |                                     |         |       |          |
|                                             | .....    | .....    | ..... | .....   | .....                               | .....   | ..... | .....    |

Coach feedback:

| Event number: 5: 50M BACKSTROKE MEN 13-14          |           |  |           |  |  |  |  |  |  | Heat:2, starttime: 09:51            |  |
|----------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|-------------------------------------|--|
| Heat: 2/4    Lane : 7    Athlete: VERNAILLEN SEPPE |           |  |           |  |  |  |  |  |  | Q-time: 00:34:02                    |  |
| PB (25m pool): 00:34.02    Dendermonde. 22/11/2025 |           |  |           |  |  |  |  |  |  | PB (50m pool): 00:34.44 SB: no time |  |
|                                                    | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                                     |  |
| PB                                                 |           |  | 00:34.02  |  |  |  |  |  |  |                                     |  |
|                                                    | 00:34.02  |  |           |  |  |  |  |  |  |                                     |  |
|                                                    | . . . . . |  | . . . . . |  |  |  |  |  |  |                                     |  |

Coach feedback:

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| Event number: 5: 50M BACKSTROKE MEN 13-14 |       |          |  | Heat:3, starttime: 09:53                              |
|-------------------------------------------|-------|----------|--|-------------------------------------------------------|
| Heat: 3/4 Lane : 8 Athlete: BLONDEEL NILS |       |          |  | Q-time: 00:32:96                                      |
| PB (25m pool): 00:32.96 EEKLO 04/10/2026  |       |          |  | PB (50m pool): 00:36.43 SB: 00:32.96 EEKLO 04/10/2026 |
|                                           | 2 5 M | 5 0 M    |  |                                                       |
| PB                                        |       | 00:32.96 |  |                                                       |
|                                           |       | 00:32.96 |  |                                                       |
|                                           | ..... | .....    |  |                                                       |

Coach feedback:

| Event number: 6: 50M BACKSTROKE WOMEN 13-14 |       |          |  | Heat:4, starttime: 10:01                              |
|---------------------------------------------|-------|----------|--|-------------------------------------------------------|
| Heat: 4/4 Lane : 3 Athlete: EELBODE EMELIE  |       |          |  | Q-time: 00:31:27                                      |
| PB (25m pool): 00:31.45 EEKLO 04/10/2026    |       |          |  | PB (50m pool): 00:31.27 SB: 00:31.45 EEKLO 04/10/2026 |
|                                             | 2 5 M | 5 0 M    |  |                                                       |
| PB                                          |       | 00:31.45 |  |                                                       |
|                                             |       | 00:31.45 |  |                                                       |
|                                             | ..... | .....    |  |                                                       |

Coach feedback:

| Event number: 8: 100M BUTTERFLY WOMEN 15-16 |       |          |       |          | Heat:1, starttime: 10:09                              |
|---------------------------------------------|-------|----------|-------|----------|-------------------------------------------------------|
| Heat: 1/5 Lane : 5 Athlete: BULLEN LOTTE    |       |          |       |          | Q-time: 01:12:68                                      |
| PB (25m pool): 01:12.68 EEKLO 04/10/2026    |       |          |       |          | PB (50m pool): 01:17.73 SB: 01:12.68 EEKLO 04/10/2026 |
|                                             | 2 5 M | 5 0 M    | 7 5 M | 1 0 0 M  |                                                       |
| PB                                          |       | 00:32.94 |       | 01:12.68 |                                                       |
|                                             |       | 00:32.94 |       | 00:39.74 |                                                       |
|                                             | ..... | .....    | ..... | .....    |                                                       |

Coach feedback:

| Event number: 10: 400M FREESTYLE WOMEN 13-14 |         |          |         |          |         |          | Heat:1, starttime: 10:40            |
|----------------------------------------------|---------|----------|---------|----------|---------|----------|-------------------------------------|
| Heat: 1/4 Lane : 5 Athlete: OSSELAER GEIKE   |         |          |         |          |         |          | Q-time: 05:03:83                    |
| PB (25m pool): 05:13.51 Lokeren 28/09/2025   |         |          |         |          |         |          | PB (50m pool): 05:03.83 SB: 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                                           |         | 00:35.04 |         | 01:14.09 |         | 01:54.56 | 02:34.77                            |
|                                              |         | 00:35.04 |         | 00:39.05 |         | 00:40.47 | 00:40.21                            |
|                                              | .....   | .....    | .....   | .....    | .....   | .....    | .....                               |
|                                              | 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                                           |         | 03:15.04 |         | 03:54.80 |         | 04:34.64 | 05:13.51                            |
|                                              |         | 00:40.27 |         | 00:39.76 |         | 00:39.84 | 00:38.87                            |
|                                              | .....   | .....    | .....   | .....    | .....   | .....    | .....                               |

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| Event number: 10: 400M FREESTYLE WOMEN 13-14     |           |           |           |                                     |           |           | Heat:2, starttime: 10:46 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/4    Lane : 2    Athlete: BAYENS NINA    |           |           |           |                                     |           |           | Q-time: 04:59:75         |           |
| PB (25m pool): 05:07.12    T ROSCO    20/10/2024 |           |           |           | PB (50m pool): 04:59.75 SB: 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                                               |           | 00:33.66  |           | 01:12.22                            |           | 01:52.23  |                          | 02:31.74  |
|                                                  | 00:33.66  |           | 00:38.56  |                                     | 00:40.01  |           | 00:39.51                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                  | 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                                               |           | 03:12.18  |           | 03:51.20                            |           | 04:31.55  |                          | 05:07.12  |
|                                                  | 00:40.44  |           | 00:39.02  |                                     | 00:40.35  |           | 00:35.57                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: