

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

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

Coaches: De Herdt An

Coaches: De Weerd Koen

Coaches: De Belder Nathalie

Coaches: Jacob Sven

Coaches: Gijsemans Liesbet

Coaches: Wijsgeer Jan HEADCOACH

PB => Personal Best time

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

Event number: 3: 200M MEDLEY MEN 15-16							Heat:2, starttime: 09:25	
Heat: 2/5 Lane : 1 Athlete: MERTENS GERBEN							Q-time: 02:26:17	
PB (25m pool): 02:26.17 Mol 04/10/2026				PB (50m pool): 02:38.42 SB: 02:26.17 Mol 04/10/2026				
	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		00:30.93		01:09.60		01:50.01		02:26.17
	00:30.93		00:38.67		00:40.41		00:36.16	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:4, starttime: 09:31	
Heat: 4/5 Lane : 2 Athlete: WIJSGEER VIKTOR							Q-time: 02:20:55	
PB (25m pool): 02:20.55 Mol 04/10/2026				PB (50m pool): 02:24.14 SB: 02:20.55 Mol 04/10/2026				
	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		00:31.17		01:08.19		01:46.27		02:20.55
	00:31.17		00:37.02		00:38.08		00:34.28	
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:1, starttime: 09:37	
Heat: 1/4 Lane : 3 Athlete: VAN REETH LIEZE							Q-time: 02:36:71	
PB (25m pool): 02:36.71 Arendonk 31/05/2026				PB (50m pool): 02:41.05 SB: 02:37.72 Mol 04/10/2026				
	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		00:35.49		no time		no time		02:36.71
	00:35.49							
								

Coach feedback:

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Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:1, starttime: 09:37	
Heat: 1/4 Lane : 6 Athlete: SCHELLEMANS CHARLOTTE							Q-time: 02:36:91	
PB (25m pool): 02:36.91 Antwerpen 12/10/2025				PB (50m pool): 02:40.64 SB: 02:42.08 Mol 04/10/2026				
	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		00:35.74		01:14.86		02:01.47		02:36.91
	00:35.74		00:39.12		00:46.61		00:35.44	
								

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16										Heat:1, starttime: 10:02	
Heat: 1/4 Lane : 2 Athlete: MERTENS GERBEN										Q-time: 01:07:48	
PB (25m pool): 01:07.48 Mol 04/10/2026					PB (50m pool): 01:15.28 SB: 01:07.48 Mol 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:31.07				01:07.48				
	00:31.07				00:36.41						
											

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16							Heat:2, starttime: 10:11	
Heat: 2/5 Lane : 2 Athlete: VAN REETH LIEZE						Q-time: 01:12:22		
PB (25m pool): 01:12.22 Arendonk 30/11/2025				PB (50m pool): 01:12.56SB: 01:17.23 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.03		01:12.22				
	00:34.03		00:38.19					
								

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14							Heat:1, starttime: 10:18	
Heat: 1/4 Lane : 2 Athlete: DE WEERDT BENT							Q-time: 05:05:17	
PB (25m pool): 05:05.17 Arendonk 31/05/2026				PB (50m pool): 05:09.02 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		no time		01:12.54		no time		02:31.97
	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		05:05.17
								