

VJK KB Diksmuide 26: Session: 2: COACH evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Claessens Matthias

PB => Personal Best time

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

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 14:43
Heat: 1/6 Lane : 5 Athlete: LAZEROMS SIEN					Q-time: 01:19:03
PB (25m pool): 01:19.03 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:22.88 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.21		01:19.03	
	00:38.21		00:40.82		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:2, starttime: 14:46
Heat: 2/6 Lane : 2 Athlete: MATTHEEUSEN ELLA					Q-time: 01:17:29
PB (25m pool): 01:17.32 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:17.29 SB: 01:17.46 Mol 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.81		01:17.32	
	00:36.81		00:40.51		
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE WOMEN 15-16					Heat:2, starttime: 15:29
Heat: 2/3 Lane : 4 Athlete: LUYTEN JULIE					Q-time: 00:32:91
PB (25m pool): 00:32.91 Sint-Amandsberg 19/10/2025 PB (50m pool): 00:33.24 SB: 00:33.15 Aachen 11/10/2026					
	2 5 M	5 0 M			
PB		00:32.91			
	00:32.91				
					

Coach feedback:

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Event number: 22: 50M FREESTYLE WOMEN 13-14			Heat:1, starttime: 15:37
Heat: 1/5 Lane : 4 Athlete: VAN LOOVEREN ASTER			Q-time: 00:30:32
PB (25m pool): 00:30.32 Herentals 09/05/2026			PB (50m pool): 00:30.57 SB: no time
	2 5 M	5 0 M	
PB		00:30.32	
	00:30.32		
			

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14			Heat:1, starttime: 15:37
Heat: 1/5 Lane : 7 Athlete: LAZEROMS SIEN			Q-time: 00:30:92
PB (25m pool): 00:30.92 Mol 04/10/2026			PB (50m pool): 00:31.98 SB: 00:30.92 Mol 04/10/2026
	2 5 M	5 0 M	
PB		00:30.92	
	00:30.92		
			

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14			Heat:2, starttime: 15:38
Heat: 2/5 Lane : 2 Athlete: MATTHEEUSEN ELLA			Q-time: 00:30:01
PB (25m pool): 00:30.01 Sportoase De Watermolen 21/07/2026			PB (50m pool): 00:30.89 SB: 00:30.52 Mol 04/10/2026
	2 5 M	5 0 M	
PB		00:30.01	
	00:30.01		
			

Coach feedback: