

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

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

Coaches: Smet Kathleen HEADCOACH

Coaches: De Wit Tessa

Coaches: Theunissen Davey

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

Event number: 13: 100M BACKSTROKE MEN 13-14					Heat:3, starttime: 14:35
Heat: 3/6 Lane : 7 Athlete: LEMMENS LARS					Q-time: 01:13:09
PB (25m pool): 01:13.09 Bree 31/05/2026			PB (50m pool): 01:14.42 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.44		01:13.09	
	00:35.44		00:37.65		
					

Coach feedback:

Event number: 15: 50M BACKSTROKE MEN 15-16					Heat:2, starttime: 14:59
Heat: 2/4 Lane : 5 Athlete: BAELEN TOBE					Q-time: 00:28:31
PB (25m pool): 00:28.31 Hasselt 04/10/2026			PB (50m pool): 00:29.38 SB: 00:28.31 Hasselt 04/10/2026		
	2 5 M	5 0 M			
PB		00:28.31			
	00:28.31				
					

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 15-16					Heat:2, starttime: 15:05
Heat: 2/4 Lane : 3 Athlete: MELOTTE PIA					Q-time: 00:31:44
PB (25m pool): 00:32.31 Nijlen 18/10/2026			PB (50m pool): 00:31.44 SB: 00:32.31 Nijlen 18/10/2026		
	2 5 M	5 0 M			
PB		00:32.31			
	00:32.31				
					

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 15-16										Heat:4, starttime: 15:08	
Heat: 4/4 Lane : 4 Athlete: VANDEVENNE LIAH										Q-time: 00:29:37	
PB (25m pool): 00:29.37 Hasselt 04/10/2026										PB (50m pool): 00:30.05 SB: 00:29.37 Hasselt 04/10/2026	
	2 5 M		5 0 M								
PB			00:29.37								
			00:29.37								
											

Coach feedback:

Event number: 18: 200M BUTTERFLY WOMEN 13-14							Heat:2, starttime: 15:20	
Heat: 2/2 Lane : 5 Athlete: ENGELEN FLOOR							Q-time: 02:35:91	
PB (25m pool): 02:36.21 Temse 17/11/2025				PB (50m pool): 02:35.91 SB: 02:37.07 Hasselt 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		00:34.22		01:13.67		01:54.21		02:36.21
	00:34.22		00:39.45		00:40.54		00:42.00	
								

Coach feedback:

Event number: 20: 50M BREASTSTROKE WOMEN 15-16							Heat:2, starttime: 15:29	
Heat: 2/3 Lane : 7 Athlete: POEL MAREN							Q-time: 00:37:09	
PB (25m pool): 00:37.09 Hasselt 04/05/2025							PB (50m pool): 00:37.22 SB: no time	
	2 5 M		5 0 M					
PB			00:37.09					
	00:37.09							
								

Coach feedback:

Event number: 21: 50M FREESTYLE MEN 13-14										Heat:2, starttime: 15:33	
Heat: 2/5 Lane : 7 Athlete: LEMMENS LARS										Q-time: 00:29:69	
PB (25m pool): 00:29.69 Aarschot 26/04/2026										PB (50m pool): 00:30.01 SB: no time	
	2 5 M		5 0 M								
PB			00:29.69								
			00:29.69								
											

Coach feedback:

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Event number: 22: 50M FREESTYLE WOMEN 13-14							Heat:2, starttime: 15:38	
Heat: 2/5 Lane : 4 Athlete: PUT FIEN							Q-time: 00:29:80	
PB (25m pool): 00:29.80 Bree 21/12/2025							PB (50m pool): 00:30.40 SB: no time	
	2 5 M		5 0 M					
PB			00:29.80					
	00:29.80							
								

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14							Heat:3, starttime: 15:39		
Heat: 3/5 Lane : 1 Athlete: NIJS ALANI							Q-time: 00:29:62		
PB (25m pool): 00:29.62 Hasselt 04/10/2026							PB (50m pool): 00:31.24 SB: 00:29.62 Hasselt 04/10/2026		
	2 5 M		5 0 M						
PB			00:29.62						
	00:29.62								
									

Coach feedback:

Event number: 23: 200M FREESTYLE MEN 15-16					Heat:1, starttime: 15:43			
Heat: 1/6 Lane : 3 Athlete: FREDERIX LOU					Q-time: 02:10:09			
PB (25m pool): 02:10.09 3500 Hasselt 23/11/2025					PB (50m pool): 02:17.24 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		00:29.48		01:02.76		01:36.99		02:10.09
	00:29.48		00:33.28		00:34.23		00:33.10	
								

Coach feedback:

Event number: 23: 200M FREESTYLE MEN 15-16					Heat:1, starttime: 15:43			
Heat: 1/6 Lane : 6 Athlete: JANSSEN THIBE					Q-time: 02:11:33			
PB (25m pool): 02:11.33 Hasselt 04/10/2026					PB (50m pool): 02:20.85 SB: 02:11.33 Hasselt 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		00:30.19		01:03.69		01:38.48		02:11.33
	00:30.19		00:33.50		00:34.79		00:32.85	
								

Coach feedback:

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Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:4, starttime: 16:07	
Heat: 4/4 Lane : 6 Athlete: VANDEVENNE LIAH							Q-time: 02:07:05	
PB (25m pool): 02:07.05 Hasselt 04/10/2026				PB (50m pool): 02:08.62 SB: 02:07.05 Hasselt 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		00:28.79		01:01.24		01:34.10		02:07.05
	00:28.79		00:32.45		00:32.86		00:32.95	
								

Coach feedback: