

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

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

Coaches: Vandeputte Pedro

Coaches: Desmet Lindsay

Coaches: Vandeputte Debby

Coaches: Demeyere Linda

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

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:4, starttime: 14:50
Heat: 4/6 Lane : 5 Athlete: VELGHE LAURA					Q-time: 01:08:63
PB (25m pool): 01:08.63 Zwevegem 31/05/2026					PB (50m pool): 01:11.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.08		01:08.63	
	00:33.08		00:35.55		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:4, starttime: 14:50
Heat: 4/6 Lane : 8 Athlete: NOPPE PAULINE					Q-time: 01:13:13
PB (25m pool): 01:13.13 Zwevegem 31/05/2026					PB (50m pool): 01:16.26 SB: 01:16.06 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.19		01:13.13	
	00:36.19		00:36.94		
					

Coach feedback:

Event number: 18: 200M BUTTERFLY WOMEN 13-14							Heat:2, starttime: 15:20	
Heat: 2/2 Lane : 4 Athlete: VELGHE LAURA							Q-time: 02:32:96	
PB (25m pool): 02:33.52 Meulebeke 19/04/2026				PB (50m pool): 02:32.96SB: 02:36.17 Brugge 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		00:33.06		01:11.64		no time		02:33.52
	00:33.06		00:38.58					
								

Coach feedback:

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Event number: 18: 200M BUTTERFLY WOMEN 13-14							Heat:2, starttime: 15:20	
Heat: 2/2 Lane : 6 Athlete: VERSTRAETE LINDE							Q-time: 02:39:65	
PB (25m pool): 02:39.65 Meulebeke 19/04/2026				PB (50m pool): 02:46.00 SB: 02:46.23 Brugge 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		00:34.69		01:15.86		no time		02:39.65
	00:34.69		00:41.17					
								

Coach feedback: