

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

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

Coaches: Adams Sander HEADCOACH

Coaches: Stabel Siegfried

Coaches: Van Herzeele Peggy

Coaches: Poelmans Julie

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

Event number: 16: 50M BACKSTROKE WOMEN 15-16				Heat:1, starttime: 15:03
Heat: 1/4 Lane : 1 Athlete: LAUWERS SOFIE				Q-time: 00:34:61
PB (25m pool): 00:35.10 Sinbad 22/07/2025				PB (50m pool): 00:34.61 SB: no time
	2 5 M	5 0 M		
PB		00:35.10		
		00:35.10		
				

Coach feedback:

Event number: 21: 50M FREESTYLE MEN 13-14				Heat:2, starttime: 15:33
Heat: 2/5 Lane : 2 Athlete: LEYSEN JEROEN				Q-time: 00:29:62
PB (25m pool): 00:29.62 Turnhout 01/03/2026				PB (50m pool): 00:30.47 SB: no time
	2 5 M	5 0 M		
PB		00:29.62		
		00:29.62		
				

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:1, starttime: 15:59	
Heat: 1/4 Lane : 4 Athlete: LAUWERS SOFIE							Q-time: 02:18:02	
PB (25m pool): 02:18.02 Mol 04/10/2026				PB (50m pool): 02:22.14SB: 02:18.02 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		00:31.93		01:06.42		01:41.98		02:18.02
	00:31.93		00:34.49		00:35.56		00:36.04	
								

Coach feedback: