

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

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

Coaches: Decock Maaïke

Coaches: Vanhaeke Heidi

Coaches: Vanhecke Sabrina HEADCOACH

Coaches: Janart Michaël

Coaches: Dewulf Bart

Coaches: Duck Chantal

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

| Event number: 13: 100M BACKSTROKE MEN 13-14  |           |           |           |           | Heat:1, starttime: 14:30                               |
|----------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 1/6 Lane : 5 Athlete: OLSZEWSKI MAXIME |           |           |           |           | Q-time: 01:16:94                                       |
| PB (25m pool): 01:16.94 Brugge 04/10/2026    |           |           |           |           | PB (50m pool): 01:22.82 SB: 01:16.94 Brugge 04/10/2026 |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                           |           | 00:37.83  |           | 01:16.94  |                                                        |
|                                              | 00:37.83  |           | 00:39.11  |           |                                                        |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 13: 100M BACKSTROKE MEN 13-14 |           |           |           |           | Heat:3, starttime: 14:35                               |
|---------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 3/6 Lane : 2 Athlete: VANDEMAELE EGON |           |           |           |           | Q-time: 01:12:72                                       |
| PB (25m pool): 01:12.72 Brugge 04/10/2026   |           |           |           |           | PB (50m pool): 01:14.66 SB: 01:12.72 Brugge 04/10/2026 |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                          |           | 00:35.02  |           | 01:12.72  |                                                        |
|                                             | 00:35.02  |           | 00:37.70  |           |                                                        |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 14: 100M BACKSTROKE WOMEN 13-14 |           |           |           |           | Heat:2, starttime: 14:46                               |
|-----------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 2/6 Lane : 1 Athlete: ZEPHIRIN ASTRID   |           |           |           |           | Q-time: 01:17:50                                       |
| PB (25m pool): 01:17.50 Brugge 04/10/2026     |           |           |           |           | PB (50m pool): 01:19.58 SB: 01:17.50 Brugge 04/10/2026 |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                            |           | 00:37.93  |           | 01:17.50  |                                                        |
|                                               | 00:37.93  |           | 00:39.57  |           |                                                        |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

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

| Event number: 14: 100M BACKSTROKE WOMEN 13-14    |           |           |           |           | Heat:2, starttime: 14:46                                        |
|--------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------------|
| Heat: 2/6 Lane : 7 Athlete: VERVENNE LOUISA      |           |           |           |           | Q-time: 01:17:30                                                |
| PB (25m pool): 01:17.30 LAGO Zwevegem 25/05/2026 |           |           |           |           | PB (50m pool): 01:19.42 SB: 01:20.05 Sint-Amandsberg 18/10/2026 |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                                 |
| PB                                               |           | 00:38.07  |           | 01:17.30  |                                                                 |
|                                                  | 00:38.07  |           | 00:39.23  |           |                                                                 |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                                                                 |

Coach feedback:

| Event number: 14: 100M BACKSTROKE WOMEN 13-14      |           |           |           |           | Heat:2, starttime: 14:46                                        |
|----------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------------|
| Heat: 2/6 Lane : 8 Athlete: DUMORTIER ELISE        |           |           |           |           | Q-time: 01:18:35                                                |
| PB (25m pool): 01:15.61 Sint-Amandsberg 18/10/2026 |           |           |           |           | PB (50m pool): 01:19.11 SB: 01:15.61 Sint-Amandsberg 18/10/2026 |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                                 |
| PB                                                 |           | 00:36.46  |           | 01:15.61  |                                                                 |
|                                                    | 00:36.46  |           | 00:39.15  |           |                                                                 |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . . |                                                                 |

Coach feedback:

| Event number: 14: 100M BACKSTROKE WOMEN 13-14 |           |           |           |           | Heat:3, starttime: 14:48                               |
|-----------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 3/6 Lane : 6 Athlete: DECUPERE LAURENCE |           |           |           |           | Q-time: 01:14:22                                       |
| PB (25m pool): 01:14.22 Ettelbruck 19/04/2026 |           |           |           |           | PB (50m pool): 01:16.05 SB: 01:15.72 Brugge 04/10/2026 |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                            |           | 00:36.32  |           | 01:14.22  |                                                        |
|                                               | 00:36.32  |           | 00:37.90  |           |                                                        |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 17: 200M BUTTERFLY MEN 13-14    |           |           |           |                                                           |           |           | Heat:2, starttime: 15:13 |           |
|-----------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/2    Lane : 4    Athlete: PICEU SEPPE |           |           |           |                                                           |           |           | Q-time: 02:24:93         |           |
| PB (25m pool): 02:24.93   Brugge   04/10/2026 |           |           |           | PB (50m pool): 02:27.02SB: 02:24.93   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                                            |           | 00:31.22  |           | 01:08.77                                                  |           | 01:46.86  |                          | 02:24.93  |
|                                               | 00:31.22  |           | 00:37.55  |                                                           | 00:38.09  |           | 00:38.07                 |           |
|                                               | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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

| Event number: 21: 50M FREESTYLE MEN 13-14      |           |  |           |  |                                                            |  |  |  |  | Heat:5, starttime: 15:36 |  |
|------------------------------------------------|-----------|--|-----------|--|------------------------------------------------------------|--|--|--|--|--------------------------|--|
| Heat: 5/5    Lane : 1    Athlete: DE BAL LUCAS |           |  |           |  |                                                            |  |  |  |  | Q-time: 00:27:20         |  |
| PB (25m pool): 00:27.20    Waregem 26/09/2026  |           |  |           |  | PB (50m pool): 00:28.12 SB: 00:27.20    Waregem 26/09/2026 |  |  |  |  |                          |  |
|                                                | 2 5 M     |  | 5 0 M     |  |                                                            |  |  |  |  |                          |  |
| PB                                             |           |  | 00:27.20  |  |                                                            |  |  |  |  |                          |  |
|                                                | 00:27.20  |  |           |  |                                                            |  |  |  |  |                          |  |
|                                                | . . . . . |  | . . . . . |  |                                                            |  |  |  |  |                          |  |

Coach feedback:

| Event number: 22: 50M FREESTYLE WOMEN 13-14        |           |  |           |  |  |  |  |  |  | Heat:4, starttime: 15:40                                  |  |
|----------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|-----------------------------------------------------------|--|
| Heat: 4/5    Lane : 2    Athlete: SPILLEBEEN JUTTA |           |  |           |  |  |  |  |  |  | Q-time: 00:29:22                                          |  |
| PB (25m pool): 00:29.22   Brugge   04/10/2026      |           |  |           |  |  |  |  |  |  | PB (50m pool): 00:30.09SB: 00:29.22   Brugge   04/10/2026 |  |
|                                                    | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                                                           |  |
| PB                                                 |           |  | 00:29.22  |  |  |  |  |  |  |                                                           |  |
|                                                    |           |  | 00:29.22  |  |  |  |  |  |  |                                                           |  |
|                                                    | . . . . . |  | . . . . . |  |  |  |  |  |  |                                                           |  |

Coach feedback:

| Event number: 23: 200M FREESTYLE MEN 15-16         |           |           |           |                                                            |           |           | Heat:3, starttime: 15:48 |           |
|----------------------------------------------------|-----------|-----------|-----------|------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/6    Lane : 6    Athlete: VANDEMAELE JACOB |           |           |           |                                                            |           |           | Q-time: 02:05:28         |           |
| PB (25m pool): 02:05.28   Brugge   04/10/2026      |           |           |           | PB (50m pool): 02:10.04 SB: 02:05.28   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                                                 |           | 00:29.04  |           | 01:00.75                                                   |           | 01:33.56  |                          | 02:05.28  |
|                                                    | 00:29.04  |           | 00:31.71  |                                                            | 00:32.81  |           | 00:31.72                 |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                  | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 23: 200M FREESTYLE MEN 15-16        |           |           |           |                                                           |           |           | Heat:5, starttime: 15:53 |           |
|---------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/6    Lane : 6    Athlete: DEBRUYNE HANNES |           |           |           |                                                           |           |           | Q-time: 02:01:05         |           |
| PB (25m pool): 02:01.05   Brugge   04/10/2026     |           |           |           | PB (50m pool): 02:03.50SB: 02:01.05   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                                                |           | 00:27.57  |           | 00:58.46                                                  |           | 01:30.29  |                          | 02:01.05  |
|                                                   | 00:27.57  |           | 00:30.89  |                                                           | 00:31.83  |           | 00:30.76                 |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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

|                                                          |           |           |           |                                                                       |           |           |                          |           |
|----------------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Event number: 23: 200M FREESTYLE MEN 15-16               |           |           |           |                                                                       |           |           | Heat:6, starttime: 15:56 |           |
| Heat: 6/6    Lane : 2    Athlete: DECUPERE ALEX          |           |           |           |                                                                       |           |           | Q-time: 01:57:57         |           |
| PB (25m pool): 01:57.50    Sint-Amandsberg    18/10/2026 |           |           |           | PB (50m pool): 02:00.47 SB: 01:57.50    Sint-Amandsberg    18/10/2026 |           |           |                          |           |
|                                                          | 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                                                       |           | 00:27.07  |           | 00:57.02                                                              |           | 01:27.56  |                          | 01:57.50  |
|                                                          | 00:27.07  |           | 00:29.95  |                                                                       | 00:30.54  |           | 00:29.94                 |           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . .                                                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: