

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

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

Coaches: Van Renterghem Delphine HEADCOACH

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

Event number: 13: 100M BACKSTROKE MEN 13-14					Heat:2, starttime: 14:32
Heat: 2/6 Lane : 2 Athlete: MARTELé STAN					Q-time: 01:14:67
PB (25m pool): 01:14.67 EEKLO 04/10/2026					PB (50m pool): 01:16.21 SB: 01:14.67 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.29		01:14.67	
	00:36.29		00:38.38		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:3, starttime: 14:48
Heat: 3/6 Lane : 3 Athlete: VAN BEYLEN STELLA					Q-time: 01:13:63
PB (25m pool): 01:13.02 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:16.14 SB: 01:13.02 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.98		01:13.02	
	00:35.98		00:37.04		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:3, starttime: 14:48
Heat: 3/6 Lane : 7 Athlete: VAN DER PLAS LOTTE					Q-time: 01:14:94
PB (25m pool): 01:12.82 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:14.94 SB: 01:12.82 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.98		01:12.82	
	00:34.98		00:37.84		
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:5, starttime: 14:53
Heat: 5/6 Lane : 6 Athlete: DE VREESE JULIE					Q-time: 01:09:92
PB (25m pool): 01:10.18 TEMSE 23/11/2025					PB (50m pool): 01:09.92 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.08		01:10.18	
	00:34.08		00:36.10		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 14:55
Heat: 6/6 Lane : 5 Athlete: BLANCQUAERT CAMILLE					Q-time: 01:08:22
PB (25m pool): 01:08.22 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:10.14 SB: 01:09.38 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.10		01:08.22	
	00:32.10		00:36.12		
					

Coach feedback:

Event number: 15: 50M BACKSTROKE MEN 15-16					Heat:3, starttime: 15:00
Heat: 3/4 Lane : 3 Athlete: DE DECKER TIBE					Q-time: 00:28:83
PB (25m pool): 00:28.83 EEKLO 04/10/2026					PB (50m pool): 00:29.49 SB: 00:28.83 EEKLO 04/10/2026
	2 5 M	5 0 M			
PB		00:28.83			
	00:28.83				
					

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 15-16					Heat:2, starttime: 15:05
Heat: 2/4 Lane : 6 Athlete: DE RUIJTER ELISE					Q-time: 00:32:19
PB (25m pool): 00:31.57 Sint-Amandsberg 18/10/2026					PB (50m pool): 00:32.88 SB: 00:31.57 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M			
PB		00:31.57			
	00:31.57				
					

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 15-16			Heat:3, starttime: 15:06
Heat: 3/4 Lane : 5 Athlete: SCHRAM MILA			Q-time: 00:30:62
PB (25m pool): 00:30.62 Aachen 11/10/2026			PB (50m pool): 00:31.37 SB: 00:30.62 Aachen 11/10/2026
	2 5 M	5 0 M	
PB		00:30.62	
	00:30.62		
			

Coach feedback:

Event number: 21: 50M FREESTYLE MEN 13-14			Heat:1, starttime: 15:32
Heat: 1/5 Lane : 5 Athlete: VANHULLE WILLEM			Q-time: 00:30:54
PB (25m pool): 00:28.98 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:30.54 SB: 00:28.98 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	
PB		00:28.98	
	00:28.98		
			

Coach feedback:

Event number: 21: 50M FREESTYLE MEN 13-14			Heat:2, starttime: 15:33
Heat: 2/5 Lane : 3 Athlete: HINDRYCKX MAURO			Q-time: 00:29:49
PB (25m pool): 00:27.60 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:29.49 SB: 00:27.60 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	
PB		00:27.60	
	00:27.60		
			

Coach feedback:

Event number: 21: 50M FREESTYLE MEN 13-14			Heat:2, starttime: 15:33
Heat: 2/5 Lane : 4 Athlete: MARTELé STAN			Q-time: 00:29:42
PB (25m pool): 00:29.42 EEKLO 04/10/2026			PB (50m pool): 00:29.91 SB: 00:29.42 EEKLO 04/10/2026
	2 5 M	5 0 M	
PB		00:29.42	
	00:29.42		
			

Coach feedback:

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Event number: 21: 50M FREESTYLE MEN 13-14						Heat:3, starttime: 15:34	
Heat: 3/5 Lane : 1 Athlete: BOGAERTS SANDER						Q-time: 00:29:31	
PB (25m pool): 00:29.31 Sint-Amandsberg 19/10/2025						PB (50m pool): 00:29.88 SB: no time	
	2 5 M		5 0 M				
PB			00:29.31				
	00:29.31						
							

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14							Heat:1, starttime: 15:37		
Heat: 1/5 Lane : 3 Athlete: VANHAECKE JULIETTE							Q-time: 00:30:49		
PB (25m pool): 00:28.72 Sint-Amandsberg 18/10/2026							PB (50m pool): 00:30.49SB: 00:28.72 Sint-Amandsberg 18/10/2026		
	2 5 M		5 0 M						
PB			00:28.72						
	00:28.72								
									

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14						Heat:4, starttime: 15:40	
Heat: 4/5 Lane : 7 Athlete: WAIGNEIN ROSIE						Q-time: 00:29:23	
PB (25m pool): 00:28.52 Sint-Amandsberg 18/10/2026						PB (50m pool): 00:29.89SB: 00:28.52 Sint-Amandsberg 18/10/2026	
	2 5 M	5 0 M					
PB		00:28.52					
	00:28.52						
							

Coach feedback:

Event number: 23: 200M FREESTYLE MEN 15-16						Heat:3, starttime: 15:48		
Heat: 3/6 Lane : 2 Athlete: LOEYS EWOUT						Q-time: 02:05:30		
PB (25m pool): 02:04.43 Sint-Amandsberg 18/10/2026						PB (50m pool): 02:09.71 SB: 02:04.43 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		00:28.41		00:59.65		01:32.03		02:04.43
	00:28.41		00:31.24		00:32.38		00:32.40	
								

Coach feedback:

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Event number: 23: 200M FREESTYLE MEN 15-16							Heat:4, starttime: 15:51	
Heat: 4/6 Lane : 1 Athlete: LAFAUT JEROME							Q-time: 02:04:45	
PB (25m pool): 02:04.45 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:07.66 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		00:28.65		00:59.87		01:32.37		02:04.45
	00:28.65		00:31.22		00:32.50		00:32.08	
								

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:1, starttime: 15:59	
Heat: 1/4 Lane : 3 Athlete: VAN HERPE MILLY							Q-time: 02:18:26	
PB (25m pool): 02:14.05 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:18.26 SB: 02:14.05 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		00:30.64		01:04.08		01:39.49		02:14.05
	00:30.64		00:33.44		00:35.41		00:34.56	
								

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:4, starttime: 16:07	
Heat: 4/4 Lane : 1 Athlete: DE DECKER FEBE							Q-time: 02:08:27	
PB (25m pool): 02:08.27 TEMSE 23/11/2025				PB (50m pool): 02:11.49SB: 02:09.48 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		00:29.57		01:01.59		01:34.77		02:08.27
	00:29.57		00:32.02		00:33.18		00:33.50	
								

Coach feedback: