

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

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

Coaches: Lejeune Melanie

Coaches: Lejeune Yves HEADCOACH

PB => Personal Best time

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

Event number: 13: 100M BACKSTROKE MEN 13-14 **Heat:4, starttime: 14:37**

Heat: 4/6 Lane : 1 Athlete: WAUTERS SACHA **Q-time: 01:10:90**

PB (25m pool): 01:10.90 Ciney 29/03/2026 **PB (50m pool): 01:11.50 SB: no time**

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.11		01:10.90	
		00:34.11		00:36.79	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14 **Heat:5, starttime: 14:53**

Heat: 5/6 Lane : 8 Athlete: MASAITE MILDA **Q-time: 01:13:04**

PB (25m pool): 01:13.04 Leuven 04/10/2026 **PB (50m pool): 01:14.52 SB: 01:13.04 Leuven 04/10/2026**

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.50		01:13.04	
		00:35.50		00:37.54	
					

Coach feedback:

Event number: 15: 50M BACKSTROKE MEN 15-16 **Heat:4, starttime: 15:02**

Heat: 4/4 Lane : 7 Athlete: LASCARACHE CHRISTIAN **Q-time: 00:29:97**

PB (25m pool): 00:29.97 Hannuit 28/03/2026 **PB (50m pool): no time SB: no time**

	2 5 M	5 0 M	
PB		00:29.97	
		00:29.97	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 15-16			Heat:1, starttime: 15:03
Heat: 1/4 Lane : 7 Athlete: EL MARGOUM INES			Q-time: 00:34:31
PB (25m pool): 00:34.31 Hannuit 28/03/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:34.31	
		00:34.31	
			

Coach feedback:

Event number: 19: 50M BREASTSTROKE MEN 15-16			Heat:2, starttime: 15:25
Heat: 2/3 Lane : 3 Athlete: VAN SINTEJAN ROMAIN			Q-time: 00:32:38
PB (25m pool): 00:32.38 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:32.38	
		00:32.38	
			

Coach feedback:

Event number: 21: 50M FREESTYLE MEN 13-14			Heat:3, starttime: 15:34
Heat: 3/5 Lane : 3 Athlete: WAUTERS SACHA			Q-time: 00:29:06
PB (25m pool): 00:29.06 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:30.19 SB: no time
	2 5 M	5 0 M	
PB		00:29.06	
		00:29.06	
			

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14			Heat:3, starttime: 15:39
Heat: 3/5 Lane : 3 Athlete: MASAITE MILDA			Q-time: 00:29:46
PB (25m pool): 00:29.46 Leuven 12/10/2025			PB (50m pool): 00:30.55 SB: 00:29.60 Leuven 04/10/2026
	2 5 M	5 0 M	
PB		00:29.46	
		00:29.46	
			

Coach feedback:

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Event number: 23: 200M FREESTYLE MEN 15-16							Heat:3, starttime: 15:48	
Heat: 3/6 Lane : 5 Athlete: LASCARACHE CHRISTIAN							Q-time: 02:04:77	
PB (25m pool): 02:04.77 Leuven 12/10/2025							PB (50m pool): 02:07.12 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		00:29.09		01:00.88		01:33.38		02:04.77
	00:29.09		00:31.79		00:32.50		00:31.39	
								

Coach feedback: