

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

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

Coaches: Wouters Maxim HEADCOACH

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

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:1, starttime: 14:43
Heat: 1/6 Lane : 6 Athlete: VAN LOMMEL ANTHE					Q-time: 01:22:18
PB (25m pool): 01:17.03 Nijlen 18/10/2026			PB (50m pool): 01:22.25 SB: 01:17.03 Nijlen 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.22		01:17.03	
	00:37.22		00:39.81		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 14:55
Heat: 6/6 Lane : 6 Athlete: BIERINCKX MIE					Q-time: 01:09:45
PB (25m pool): 01:09.45 Herentals 09/05/2026			PB (50m pool): 01:12.12 SB: 01:12.57 Mol 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.47		01:09.45	
	00:33.47		00:35.98		
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE WOMEN 15-16					Heat:3, starttime: 15:30
Heat: 3/3 Lane : 2 Athlete: DURT REINE					Q-time: 00:36:48
PB (25m pool): 00:36.48 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:37.13 SB: 00:37.49 Mol 04/10/2026		
	2 5 M	5 0 M			
PB		00:36.48			
	00:36.48				
					

Coach feedback:

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Event number: 20: 50M BREASTSTROKE WOMEN 15-16							Heat:3, starttime: 15:30		
Heat: 3/3 Lane : 3 Athlete: BOVEN AXELLE							Q-time: 00:35:32		
PB (25m pool): 00:35.35 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:35.32SB: 00:35.64 Mol 04/10/2026		
	2 5 M		5 0 M						
PB			00:35.35						
			00:35.35						
									

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14							Heat:2, starttime: 15:38		
Heat: 2/5 Lane : 7 Athlete: VAN LOMMEL ANTHE							Q-time: 00:30:03		
PB (25m pool): 00:31.03 Herentals 09/05/2026							PB (50m pool): 00:30.03 SB: 00:31.12 Mol 04/10/2026		
	2 5 M		5 0 M						
PB			00:31.03						
	00:31.03								
									

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14							Heat:4, starttime: 15:40		
Heat: 4/5 Lane : 3 Athlete: BIERINCKX MIE							Q-time: 00:29:20		
PB (25m pool): 00:29.20 Mol 04/10/2026							PB (50m pool): 00:29.94 SB: 00:29.20 Mol 04/10/2026		
	2 5 M		5 0 M						
PB			00:29.20						
			00:29.20						
									

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16						Heat:3, starttime: 16:04	
Heat: 3/4 Lane : 3 Athlete: MERTENS FEMKE						Q-time: 02:12:35	
PB (25m pool): 02:12.35 Mol 04/10/2026						PB (50m pool): 02:15.49 SB: 02:12.35 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
PB		00:30.49		01:04.05		01:38.62	02:12.35
	00:30.49		00:33.56		00:34.57		00:33.73
							

Coach feedback: