

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

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

Coaches: Iannino David HEADCOACH

Coaches: Januarius Elke

Coaches: Januarius Bart

Coaches: Leemans Mats

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 : 6 Athlete: VANDERGUCHT JONAS					Q-time: 01:20:50
PB (25m pool): 01:20.50 Temse 17/11/2025					PB (50m pool): 01:20.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.52		01:20.50	
	00:38.52		00:41.98		
					

Coach feedback:

Event number: 13: 100M BACKSTROKE MEN 13-14					Heat:5, starttime: 14:39
Heat: 5/6 Lane : 1 Athlete: LESCRAUWAET MAX					Q-time: 01:10:90
PB (25m pool): 01:10.90 Temse 17/11/2025					PB (50m pool): 01:13.23 SB: 01:11.13 Sint-Pieters-Leeuw 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.89		01:10.90	
	00:34.89		00:36.01		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:4, starttime: 14:50
Heat: 4/6 Lane : 3 Athlete: AELEN BENTE					Q-time: 01:09:23
PB (25m pool): 01:09.23 LEUVEN 23/11/2025					PB (50m pool): 01:09.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.77		01:09.23	
	00:33.77		00:35.46		
					

Coach feedback:

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Event number: 18: 200M BUTTERFLY WOMEN 13-14							Heat:2, starttime: 15:20	
Heat: 2/2 Lane : 8 Athlete: AELEN BENTE							Q-time: 02:48:00	
PB (25m pool): 02:48.00 Leuven 04/10/2026				PB (50m pool): 02:53.71 SB: 02:48.00 Leuven 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		00:37.80		01:20.11		02:04.61		02:48.00
	00:37.80		00:42.31		00:44.50		00:43.39	
								

Coach feedback:

Event number: 19: 50M BREASTSTROKE MEN 15-16										Heat:3, starttime: 15:26	
Heat: 3/3 Lane : 7 Athlete: BAS BRIEK										Q-time: 00:33:85	
PB (25m pool): 00:35.05 Zwembad De Wauwer 13/09/2026										PB (50m pool): 00:33.85 SB: 00:35.05 Zwembad De Wauwer 13/09/2026	
	2 5 M		5 0 M								
PB			00:35.05								
			00:35.05								
											

Coach feedback:

Event number: 21: 50M FREESTYLE MEN 13-14										Heat:4, starttime: 15:35	
Heat: 4/5 Lane : 6 Athlete: VANDERGUCHT JONAS										Q-time: 00:27:97	
PB (25m pool): 00:27.97 Tervuren 10/10/2026					PB (50m pool): 00:29.52SB: 00:27.97 Tervuren 10/10/2026						
PB	2 5 M		5 0 M								
			00:27.97								
			00:27.97								
											

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14										Heat:5, starttime: 15:41	
Heat: 5/5 Lane : 4 Athlete: IANNINO VALENTINA										Q-time: 00:27:03	
PB (25m pool): 00:27.03 Gent 09/11/2025					PB (50m pool): 00:27.32 SB: 00:27.13 Leuven 04/10/2026						
	2 5 M		5 0 M								
PB			00:27.03								
			00:27.03								
											

Coach feedback:

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Event number: 23: 200M FREESTYLE MEN 15-16							Heat:2, starttime: 15:45	
Heat: 2/6 Lane : 6 Athlete: HALLET BRENT							Q-time: 02:06:41	
PB (25m pool): 02:06.41 Leuven 04/10/2026				PB (50m pool): 02:12.72 SB: 02:06.41 Leuven 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		00:28.20		01:00.10		01:33.29		02:06.41
	00:28.20		00:31.90		00:33.19		00:33.12	
								

Coach feedback: