

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

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

Coaches: Vanden Abeele Syl

Coaches: Heyligen Bert

Coaches: Planckaert Pieter HEADCOACH

PB => Personal Best time

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

Event number: 13: 100M BACKSTROKE MEN 13-14 Heat:6, starttime: 14:41

Heat: 6/6 Lane : 1 Athlete: BOHIJN MILO Q-time: 01:10:86

PB (25m pool): 01:10.86 Brugge 04/10/2026 PB (50m pool): 01:13.84 SB: 01:10.86 Brugge 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.60		01:10.86	
		00:34.60		00:36.26	
					

Coach feedback:

Event number: 15: 50M BACKSTROKE MEN 15-16 Heat:3, starttime: 15:00

Heat: 3/4 Lane : 1 Athlete: BALCAEN SANDER Q-time: 00:30:10

PB (25m pool): 00:30.10 Ettelbruck 19/04/2026 PB (50m pool): 00:32.20 SB: no time

	2 5 M	5 0 M	
PB		00:30.10	
		00:30.10	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 15-16 Heat:2, starttime: 15:05

Heat: 2/4 Lane : 2 Athlete: BONASSI HÉLÈNE Q-time: 00:32:45

PB (25m pool): 00:32.45 Brugge 04/10/2026 PB (50m pool): 00:33.40 SB: 00:32.45 Brugge 04/10/2026

	2 5 M	5 0 M	
PB		00:32.45	
		00:32.45	
			

Coach feedback:

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Event number: 19: 50M BREASTSTROKE MEN 15-16							Heat:2, starttime: 15:25		
Heat: 2/3 Lane : 1 Athlete: DEMEYERE LARS							Q-time: 00:34:44		
PB (25m pool): 00:34.44 Brugge 04/10/2026							PB (50m pool): 00:37.85 SB: 00:34.44 Brugge 04/10/2026		
	2 5 M		5 0 M						
PB			00:34.44						
			00:34.44						
									

Coach feedback:

Event number: 23: 200M FREESTYLE MEN 15-16						Heat:2, starttime: 15:45		
Heat: 2/6 Lane : 3 Athlete: BALCAEN SANDER						Q-time: 02:06:17		
PB (25m pool): 02:06.17 Ettelbruck 19/04/2026						PB (50m pool): 02:11.75 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		00:29.43		01:01.66		01:35.05		02:06.17
	00:29.43		00:32.23		00:33.39		00:31.12	
								

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16						Heat:1, starttime: 15:59		
Heat: 1/4 Lane : 5 Athlete: BONASSI HÉLÈNE						Q-time: 02:18:14		
PB (25m pool): 02:18.14 Ettelbruck 19/04/2026						PB (50m pool): 02:22.12 SB: 02:19.42 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		00:32.22		01:07.77		01:43.88		02:18.14
	00:32.22		00:35.55		00:36.11		00:34.26	
								

Coach feedback: