

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

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

Coaches: Tieghem Kristof

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Lefever Elisa

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

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

Heat: 5/6 Lane : 5 Athlete: DELPORTE ELLE Q-time: 01:08:57

PB (25m pool): 01:08.57 Ettelbruck 19/04/2026 PB (50m pool): 01:09.39 SB: 01:08.70 Brugge 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.75		01:08.57	
		00:33.75		00:34.82	
					

Coach feedback:

Event number: 17: 200M BUTTERFLY MEN 13-14 Heat:1, starttime: 15:09

Heat: 1/2 Lane : 1 Athlete: VAN BRABANT BENJAMIN Q-time: 03:09:54

PB (25m pool): 02:37.57 Brugge 04/10/2026 PB (50m pool): 03:09.54 SB: 02:37.57 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		00:33.77		01:14.42		01:56.41		02:37.57
		00:33.77		00:40.65		00:41.99		00:41.16
								

Coach feedback:

Event number: 21: 50M FREESTYLE MEN 13-14 Heat:1, starttime: 15:32

Heat: 1/5 Lane : 3 Athlete: STAELEN QUINTEN Q-time: 00:31:16

PB (25m pool): 00:31.16 Eeklo 21/09/2025 PB (50m pool): 00:30.02 SB: no time

	2 5 M	5 0 M	
PB		00:31.16	
		00:31.16	
			

Coach feedback:

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Event number: 21: 50M FREESTYLE MEN 13-14			Heat:5, starttime: 15:36
Heat: 5/5 Lane : 7 Athlete: VAN BRABANT BENJAMIN			Q-time: 00:26:67
PB (25m pool): 00:26.67 Brugge 04/10/2026			PB (50m pool): 00:27.86 SB: 00:26.67 Brugge 04/10/2026
	2 5 M	5 0 M	
PB		00:26.67	
	00:26.67		
			

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14			Heat:2, starttime: 15:38
Heat: 2/5 Lane : 5 Athlete: DELPORTE ELLE			Q-time: 00:29:90
PB (25m pool): 00:29.90 DIKSMUIDE 30/11/2025			PB (50m pool): 00:30.09 SB: no time
	2 5 M	5 0 M	
PB		00:29.90	
	00:29.90		
			

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14			Heat:3, starttime: 15:39
Heat: 3/5 Lane : 6 Athlete: CASTELEYN YANA			Q-time: 00:29:46
PB (25m pool): 00:29.46 Menen 07/06/2026			PB (50m pool): 00:31.87 SB: no time
	2 5 M	5 0 M	
PB		00:29.46	
	00:29.46		
			

Coach feedback: