

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

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

Coaches: Loeman Efiennia

Coaches: Mertens Tijl

Coaches: Wauters Tine HEADCOACH

Coaches: Janssen Koen

Coaches: Jacobs Karen

Coaches: Callebaut Joris

Coaches: Verbinnen Nadine

Coaches: Schepens Koen

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

Event number: 13: 100M BACKSTROKE MEN 13-14 Heat:5, starttime: 14:39

Heat: 5/6 Lane : 3 Athlete: MERTENS LANDER Q-time: 01:07:88

PB (25m pool): 01:07.88 Leuven 04/10/2026 PB (50m pool): 01:10.76 SB: 01:07.88 Leuven 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.19		01:07.88	
		00:33.19		00:34.69	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14 Heat:4, starttime: 14:50

Heat: 4/6 Lane : 1 Athlete: JANSSEN LUCY Q-time: 01:12:84

PB (25m pool): 01:12.84 Leuven 04/10/2026 PB (50m pool): 01:15.70 SB: 01:12.84 Leuven 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.22		01:12.84	
		00:35.22		00:37.62	
					

Coach feedback:

Event number: 20: 50M BREASTSTROKE WOMEN 15-16 Heat:1, starttime: 15:28

Heat: 1/3 Lane : 3 Athlete: UYTTERHOEVEN FLO Q-time: 00:35:86

PB (25m pool): 00:35.86 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:36.66 SB: 00:37.00 Leuven 04/10/2026

	2 5 M	5 0 M	
PB		00:35.86	
		00:35.86	
			

Coach feedback:

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Event number: 20: 50M BREASTSTROKE WOMEN 15-16										Heat:2, starttime: 15:29	
Heat: 2/3 Lane : 2 Athlete: DECALUWé HELENA										Q-time: 00:36:81	
PB (25m pool): 00:36.81 LEUVEN 23/11/2025										PB (50m pool): 00:37.81 SB: no time	
	2 5 M		5 0 M								
PB			00:36.81								
	00:36.81										
											

Coach feedback:

Event number: 20: 50M BREASTSTROKE WOMEN 15-16										Heat:2, starttime: 15:29	
Heat: 2/3 Lane : 3 Athlete: VERELST LAURA										Q-time: 00:35:75	
PB (25m pool): 00:35.75 LEUVEN 23/11/2025										PB (50m pool): 00:36.13 SB: no time	
	2 5 M		5 0 M								
PB			00:35.75								
			00:35.75								
											

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16						Heat:1, starttime: 15:59		
Heat: 1/4 Lane : 7 Athlete: UYTTERHOEVEN FLO						Q-time: 02:20:11		
PB (25m pool): 02:18.25 3500 Hasselt 18/10/2026						PB (50m pool): 02:21.15 SB: 02:18.25 3500 Hasselt 18/10/2026		
	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		00:32.87		01:08.47		01:43.61		02:18.25
	00:32.87		00:35.60		00:35.14		00:34.64	
								

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16						Heat:2, starttime: 16:02		
Heat: 2/4 Lane : 3 Athlete: THIJS MAAIKE						Q-time: 02:16:35		
PB (25m pool): 02:16.35 Leuven 04/10/2026						PB (50m pool): 02:18.33 SB: 02:16.35 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		00:32.16		01:07.04		01:42.28		02:16.35
	00:32.16		00:34.88		00:35.24		00:34.07	
								

Coach feedback:

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Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:3, starttime: 16:04	
Heat: 3/4 Lane : 1 Athlete: BOHMER JANNE							Q-time: 02:13:64	
PB (25m pool): 02:13.64 Aarschot 27/07/2026				PB (50m pool): 02:17.45 SB: 02:14.74 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		00:31.89		01:05.90		no time		02:13.64
	00:31.89		00:34.01					
								

Coach feedback: