

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

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

Coaches: Vereecken Sven HEADCOACH

Coaches: Dillen Toon

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

Event number: 14: 100M BACKSTROKE WOMEN 13-14				Heat:4, starttime: 14:50	
Heat: 4/6 Lane : 7 Athlete: VAN TILBURG FRAUKE				Q-time: 01:12:26	
PB (25m pool): 01:11.35 Nijlen 18/10/2026				PB (50m pool): 01:14.24 SB: 01:11.35 Nijlen 18/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.07		01:11.35	
	00:35.07		00:36.28		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14				Heat:5, starttime: 14:53	
Heat: 5/6 Lane : 1 Athlete: BOOGERS NOOR				Q-time: 01:12:58	
PB (25m pool): 01:12.58 TEMSE 23/11/2025				PB (50m pool): 01:15.76 SB: 01:13.97 Durmehal 27/09/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.63		01:12.58	
	00:35.63		00:36.95		
					

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 15-16				Heat:3, starttime: 15:06	
Heat: 3/4 Lane : 1 Athlete: MAES JULIE				Q-time: 00:32:92	
PB (25m pool): 00:33.06 Mol 04/10/2026				PB (50m pool): 00:35.00 SB: 00:33.06 Mol 04/10/2026	
	2 5 M	5 0 M			
PB		00:33.06			
	00:33.06				
					

Coach feedback:

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Event number: 21: 50M FREESTYLE MEN 13-14							Heat:5, starttime: 15:36			
Heat: 5/5 Lane : 6 Athlete: DILLEN FINN							Q-time: 00:26:17			
PB (25m pool): 00:26.17 Mol 04/10/2026				PB (50m pool): 00:27.48SB: 00:26.17 Mol 04/10/2026						
	2 5 M		5 0 M							
PB			00:26.17							
	00:26.17									
										

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14							Heat:3, starttime: 15:39			
Heat: 3/5 Lane : 8 Athlete: BOOGERS NOOR							Q-time: 00:29:77			
PB (25m pool): 00:29.77 Durmehal 27/09/2026				PB (50m pool): 00:31.39 SB: 00:29.77 Durmehal 27/09/2026						
	2 5 M		5 0 M							
PB			00:29.77							
			00:29.77							
										

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14							Heat:5, starttime: 15:41			
Heat: 5/5 Lane : 2 Athlete: VAN TILBURG FRAUKE							Q-time: 00:28:53			
PB (25m pool): 00:28.53 Mol 04/10/2026				PB (50m pool): 00:28.89SB: 00:28.53 Mol 04/10/2026						
	2 5 M		5 0 M							
PB			00:28.53							
			00:28.53							
										

Coach feedback:

Event number: 23: 200M FREESTYLE MEN 15-16							Heat:4, starttime: 15:51	
Heat: 4/6 Lane : 3 Athlete: BEGUE MILANN							Q-time: 02:03:92	
PB (25m pool): 02:03.92 Mol 04/10/2026			PB (50m pool): 02:07.82 SB: 02:03.92 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	2 0 0 M
PB		00:28.53		01:00.20		01:32.30		02:03.92
	00:28.53		00:31.67		00:32.10		00:31.62	
								

Coach feedback:

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Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:1, starttime: 15:59	
Heat: 1/4 Lane : 1 Athlete: VANLOMMEL LUISA VALENTINA							Q-time: 02:20:14	
PB (25m pool): 02:20.14 TEMSE 23/11/2025				PB (50m pool): 02:23.36SB: 02:20.70 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	2 0 0 M
PB		00:31.52		01:07.88		01:44.60		02:20.14
	00:31.52		00:36.36		00:36.72		00:35.54	
								

Coach feedback: