

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

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

- Coaches: De Herdt An
- Coaches: De Weerdts Koen
- Coaches: De Belder Nathalie
- Coaches: Jacob Sven
- Coaches: Gijsemans Liesbet
- Coaches: Wijsgeer Jan HEADCOACH

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

Event number: 13: 100M BACKSTROKE MEN 13-14					Heat:3, starttime: 14:35
Heat: 3/6 Lane : 1 Athlete: DE WEERDT BENT					Q-time: 01:13:09
PB (25m pool): 01:13.09 Mol 04/10/2026					PB (50m pool): 01:18.04 SB: 01:13.09 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.53		01:13.09	
		00:35.53		00:37.56	
					

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 15-16					Heat:3, starttime: 15:06
Heat: 3/4 Lane : 8 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 00:33:40
PB (25m pool): 00:33.40 Antwerpen 12/10/2025					PB (50m pool): 00:34.41 SB: 00:34.03 Hoogstraten 27/09/2026
	2 5 M	5 0 M			
PB		00:33.40			
		00:33.40			
					

Coach feedback:

Event number: 19: 50M BREASTSTROKE MEN 15-16					Heat:1, starttime: 15:24
Heat: 1/3 Lane : 3 Athlete: JACOB QINGKUN					Q-time: 00:32:43
PB (25m pool): 00:32.43 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 00:32.93 SB: 00:32.96 Mol 04/10/2026
	2 5 M	5 0 M			
PB		00:32.43			
		00:32.43			
					

Coach feedback:

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

Event number: 19: 50M BREASTSTROKE MEN 15-16			Heat:3, starttime: 15:26
Heat: 3/3 Lane : 4 Athlete: WIJSGEER VIKTOR			Q-time: 00:30:97
PB (25m pool): 00:30.97 Mol 04/10/2026			PB (50m pool): 00:31.43 SB: 00:30.97 Mol 04/10/2026
	2 5 M	5 0 M	
PB		00:30.97	
		00:30.97	
			

Coach feedback: