

VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahn Müller Jana HEADCOACH

Coaches: Bahn Müller Michael

PB => Personal Best time

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:3, starttime: 08:34
Heat: 3/6 Lane : 5 Athlete: MAES NOOR					Q-time: 01:11:08
PB (25m pool): 01:11.08 T ROSCO 12/10/2025					PB (50m pool): 01:12.70 SB: 01:11.54 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.23		01:11.08	
		00:34.23		00:36.85	
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:3, starttime: 08:34
Heat: 3/6 Lane : 7 Athlete: GUISET JELLE					Q-time: 01:11:54
PB (25m pool): 01:11.54 Gent 23/02/2025					PB (50m pool): 01:13.12 SB: 01:11.87 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.91		01:11.54	
		00:34.91		00:36.63	
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:02
Heat: 5/8 Lane : 2 Athlete: BOTERBERGH LIEKE					Q-time: 01:04:32
PB (25m pool): 01:03.82 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:06.03 SB: 01:03.82 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.06		01:03.82	
		00:31.06		00:32.76	
					

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14					Heat:7, starttime: 09:18
Heat: 7/7 Lane : 5 Athlete: WACHTELAER CELLE					Q-time: 00:57:69
PB (25m pool): 00:57.10 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:57.94 SB: 00:57.10 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.65		00:57.10	
	00:27.65		00:29.45		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:3, starttime: 09:22
Heat: 3/6 Lane : 5 Athlete: MAES NOOR					Q-time: 00:28:50
PB (25m pool): 00:28.45 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:29.00 SB: 00:28.45 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M			
PB		00:28.45			
	00:28.45				
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:3, starttime: 09:22
Heat: 3/6 Lane : 8 Athlete: GUISET JELLE					Q-time: 00:28:74
PB (25m pool): 00:28.74 Gent 23/02/2025			PB (50m pool): 00:29.34 SB: 00:29.11 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M			
PB		00:28.74			
	00:28.74				
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:6, starttime: 09:32
Heat: 6/6 Lane : 8 Athlete: CHERRETTé BALDER					Q-time: 00:25:96
PB (25m pool): 00:25.96 EEKLO 04/10/2026			PB (50m pool): 00:26.79 SB: 00:25.96 EEKLO 04/10/2026		
	2 5 M	5 0 M			
PB		00:25.96			
	00:25.96				
					

Coach feedback:

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Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:6, starttime: 09:50	
Heat: 6/10 Lane : 3 Athlete: KOLICHEVA KATALEYA							Q-time: 02:52:20	
PB (25m pool): 02:52.20 EEKLO 04/10/2026				PB (50m pool): 02:54.99SB: 02:52.20 EEKLO 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		00:40.03		no time		no time		02:52.20
	00:40.03							
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:3, starttime: 11:23	
Heat: 3/4 Lane : 1 Athlete: CHERRETTé BALDER							Q-time: 04:20:20	
PB (25m pool): 04:20.20 T ROSCO 12/10/2025				PB (50m pool): 04:21.22 SB: 04:20.73 EEKLO 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:29.28		01:01.73		01:34.50		02:08.14
	00:29.28		00:32.45		00:32.77		00:33.64	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:41.36		03:15.11		03:48.27		04:20.20
	00:33.22		00:33.75		00:33.16		00:31.93	
								

Coach feedback: