

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

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

Coaches: Claessens Matthias

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

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:3, starttime: 08:59
Heat: 3/8 Lane : 1 Athlete: VAN LOOVEREN ASTER					Q-time: 01:05:94
PB (25m pool): 01:05.94 Kapellen 30/05/2026					PB (50m pool): 01:06.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.09		01:05.94	
	00:32.09		00:33.85		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:6, starttime: 09:25
Heat: 6/6 Lane : 5 Athlete: LUYTEN JULIE					Q-time: 00:26:83
PB (25m pool): 00:26.83 Mol 04/10/2026					PB (50m pool): 00:27.84 SB: 00:26.83 Mol 04/10/2026
	2 5 M	5 0 M			
PB		00:26.83			
	00:26.83				
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:1, starttime: 09:33	
Heat: 1/10 Lane : 6 Athlete: CLAESSENS MARIE							Q-time: 03:05:47	
PB (25m pool): 03:05.47 Mol 04/10/2026				PB (50m pool): 03:14.02SB: 03:05.47 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		00:39.01		01:25.41		02:23.13		03:05.47
	00:39.01		00:46.40		00:57.72		00:42.34	
								

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:6, starttime: 10:25	
Heat: 6/10 Lane : 5 Athlete: JOOSEN CIS							Q-time: 02:49:90	
PB (25m pool): 02:49.90 Mol 04/10/2026			PB (50m pool): 02:55.49SB: 02:49.90 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		00:40.79		01:23.41		02:12.91		02:49.90
	00:40.79		00:42.62		00:49.50		00:36.99	
								

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14							Heat:1, starttime: 10:42	
Heat: 1/3 Lane : 5 Athlete: LAZEROMS SIEN							Q-time: 00:38:59	
PB (25m pool): 00:38.59 Kalmthout 08/02/2026				PB (50m pool): 00:39.41 SB: 00:40.50 Hoogstraten 27/09/2026				
	2 5 M		5 0 M					
PB			00:38.59					
	00:38.59							
								

Coach feedback: