

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

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

Coaches: De Smedt Leny HEADCOACH

Coaches: Bijloos Annie

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

Event number: 33: 50M BREASTSTROKE WOMEN 13-14						Heat:2, starttime: 10:43	
Heat: 2/3 Lane : 3 Athlete: VAN DE WINKEL LOLA						Q-time: 00:36:89	
PB (25m pool): 00:36.89 Durmehal 27/09/2026						PB (50m pool): 00:38.54 SB: 00:36.89 Durmehal 27/09/2026	
	2 5 M		5 0 M				
PB			00:36.89				
	00:36.89						
							

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16						Heat:2, starttime: 10:56		
Heat: 2/4 Lane : 5 Athlete: VAN DEN BREMT SARAH						Q-time: 04:44:74		
PB (25m pool): 04:44.74 Gent 23/02/2025						PB (50m pool): 04:47.57 SB: 04:45.23 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		00:31.74		01:06.92		01:42.63		02:19.27
	00:31.74		00:35.18		00:35.71		00:36.64	
								
	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		02:55.93		03:33.00		04:10.09		04:44.74
	00:36.66		00:37.07		00:37.09		00:34.65	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14						Heat:3, starttime: 11:39		
Heat: 3/6 Lane : 3 Athlete: VAN DE WINKEL LOLA						Q-time: 02:41:98		
PB (25m pool): 02:41.98 T ROSCO 12/10/2025						PB (50m pool): 02:43.84 SB: 02:43.25 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		00:35.36		01:17.82		02:04.68		02:41.98
	00:35.36		00:42.46		00:46.86		00:37.30	
								

Coach feedback: