

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

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

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:2, starttime: 08:32
Heat: 2/6 Lane : 8 Athlete: VAN DEN BOSCH ELISE					Q-time: 01:13:46
PB (25m pool): 01:13.20 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:14.48 SB: 01:13.20 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.58		01:13.20	
	00:35.58		00:37.62		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:1, starttime: 08:43
Heat: 1/6 Lane : 5 Athlete: DA SILVA CAMARATE SHAWN					Q-time: 01:10:40
PB (25m pool): 01:11.22 Nijlen 16/11/2025					PB (50m pool): 01:10.40 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.47		01:11.22	
	00:34.47		00:36.75		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:3, starttime: 08:48
Heat: 3/6 Lane : 8 Athlete: KERSTENS BAVO					Q-time: 01:05:97
PB (25m pool): 01:05.97 Antwerpen 12/10/2025					PB (50m pool): 01:06.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.16		01:05.97	
	00:31.16		00:34.81		
					

Coach feedback:

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Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:6, starttime: 08:54
Heat: 6/6 Lane : 4 Athlete: VOLDERS ARNE					Q-time: 00:56:31
PB (25m pool): 00:56.31 Nijlen 16/11/2025					PB (50m pool): 00:58.81 SB: 00:57.47 Aachen 11/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.95		00:56.31	
	00:26.95		00:29.36		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:6, starttime: 08:54
Heat: 6/6 Lane : 6 Athlete: BOGAERS THOMAS					Q-time: 01:01:52
PB (25m pool): 01:01.52 Antwerpen 12/10/2025					PB (50m pool): 01:03.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.80		01:01.52	
	00:29.80		00:31.72		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:2, starttime: 08:58
Heat: 2/8 Lane : 3 Athlete: BAHLOULA ANISSA					Q-time: 01:06:60
PB (25m pool): 01:06.60 Kapellen 30/05/2026					PB (50m pool): 01:07.42 SB: 01:08.35 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.95		01:06.60	
	00:31.95		00:34.65		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:3, starttime: 09:12
Heat: 3/7 Lane : 3 Athlete: VAN CAMPFORT OLIVIER					Q-time: 01:03:67
PB (25m pool): 01:03.67 Mol 04/10/2026					PB (50m pool): 01:06.42 SB: 01:03.67 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.93		01:03.67	
	00:30.93		00:32.74		
					

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14					Heat:3, starttime: 09:12
Heat: 3/7 Lane : 7 Athlete: MICHELS LINUS					Q-time: 01:03:90
PB (25m pool): 01:03.90 Mol 04/10/2026			PB (50m pool): 01:05.25 SB: 01:03.90 Mol 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.73		01:03.90	
	00:30.73		00:33.17		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:5, starttime: 09:15
Heat: 5/7 Lane : 5 Athlete: BORKOVSKYI MARK					Q-time: 00:58:75
PB (25m pool): 00:58.36 Nijlen 18/10/2026			PB (50m pool): 00:59.74 SB: 00:58.36 Nijlen 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.07		00:58.36	
	00:28.07		00:30.29		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:6, starttime: 09:17
Heat: 6/7 Lane : 2 Athlete: CRISTIAN DAMIAN IANIS					Q-time: 01:01:08
PB (25m pool): 01:01.31 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:01.08 SB: 01:02.31 Groenenhoek Berchem 10/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.09		01:01.31	
	00:29.09		00:32.22		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:7, starttime: 09:18
Heat: 7/7 Lane : 7 Athlete: STEPANOV IVAN					Q-time: 01:01:12
PB (25m pool): 01:01.12 Groenenhoek Berchem 10/10/2026			PB (50m pool): 01:05.22 SB: 01:01.12 Groenenhoek Berchem 10/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.72		01:01.12	
	00:28.72		00:32.40		
					

Coach feedback:

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Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:2, starttime: 09:22
Heat: 2/6 Lane : 8 Athlete: VAN DEN BOSCH ELISE			Q-time: 00:29:07
PB (25m pool): 00:29.30 Mol 04/10/2026			PB (50m pool): 00:29.07 SB: 00:29.30 Mol 04/10/2026
	2 5 M	5 0 M	
PB		00:29.30	
	00:29.30		
			

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:4, starttime: 09:23
Heat: 4/6 Lane : 6 Athlete: LEPAGE AMÉLIE			Q-time: 00:27:56
PB (25m pool): 00:27.56 Herentals 09/05/2026			PB (50m pool): 00:28.17 SB: 00:27.71 Mol 04/10/2026
	2 5 M	5 0 M	
PB		00:27.56	
	00:27.56		
			

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:5, starttime: 09:24
Heat: 5/6 Lane : 1 Athlete: TEMMERMAN ELYNNE			Q-time: 00:28:22
PB (25m pool): 00:28.22 Herentals 09/05/2026			PB (50m pool): 00:29.12 SB: no time
	2 5 M	5 0 M	
PB		00:28.22	
	00:28.22		
			

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16			Heat:1, starttime: 09:27
Heat: 1/6 Lane : 4 Athlete: KERSTENS BAVO			Q-time: 00:27:04
PB (25m pool): 00:27.04 Hoogstraten 28/09/2025			PB (50m pool): 00:27.15 SB: no time
	2 5 M	5 0 M	
PB		00:27.04	
	00:27.04		
			

Coach feedback:

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Event number: 30: 50M FREESTYLE MEN 15-16										Heat:4, starttime: 09:30	
Heat: 4/6 Lane : 7 Athlete: BOGAERS THOMAS										Q-time: 00:25:85	
PB (25m pool): 00:25.85 Mol 04/10/2026					PB (50m pool): 00:26.58SB: 00:25.85 Mol 04/10/2026						
	2 5 M		5 0 M								
PB			00:25.85								
			00:25.85								
											

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16										Heat:6, starttime: 09:32	
Heat: 6/6 Lane : 4 Athlete: VOLDERS ARNE										Q-time: 00:23:76	
PB (25m pool): 00:23.76 Mol 04/10/2026					PB (50m pool): 00:24.50SB: 00:23.76 Mol 04/10/2026						
	2 5 M		5 0 M								
PB			00:23.76								
			00:23.76								
											

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16										Heat:6, starttime: 09:32	
Heat: 6/6 Lane : 7 Athlete: VAN CAMPFORT NICOLAS										Q-time: 00:25:75	
PB (25m pool): 00:25.75 Mol 04/10/2026					PB (50m pool): 00:26.10SB: 00:25.75 Mol 04/10/2026						
	2 5 M		5 0 M								
PB			00:25.75								
			00:25.75								
											

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:3, starttime: 09:40	
Heat: 3/10 Lane : 6 Athlete: SCHOOFS ELISE							Q-time: 02:56:24	
PB (25m pool): 02:56.24 Mol 04/10/2026				PB (50m pool): 03:00.53SB: 02:56.24 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		00:39.43		01:24.38		02:15.21		02:56.24
	00:39.43		00:44.95		00:50.83		00:41.03	
								

Coach feedback:

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Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:3, starttime: 09:40	
Heat: 3/10 Lane : 7 Athlete: VANDENVEN SAAR							Q-time: 02:56:99	
PB (25m pool): 02:56.99 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 03:02.41 SB: 03:02.39 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		00:39.95		no time		no time		02:56.99
	00:39.95							
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:4, starttime: 09:44	
Heat: 4/10 Lane : 5 Athlete: CORTEN ELENA							Q-time: 02:54:58	
PB (25m pool): 02:54.58 Meulebeke 10/05/2026								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:8, starttime: 09:57	
Heat: 8/10 Lane : 6 Athlete: DE WIT FLORE							Q-time: 02:46:09	
PB (25m pool): 02:46.09 Mol 04/10/2026				PB (50m pool): 02:50.75 SB: 02:46.09 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		00:38.91		01:20.43		02:09.00		02:46.09
	00:38.91		00:41.52		00:48.57		00:37.09	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:1, starttime: 10:07	
Heat: 1/10 Lane : 3 Athlete: VERSCHEURE LARS							Q-time: 03:05:29	
PB (25m pool): 03:05.29 Meulebeke 10/05/2026							PB (50m pool): 03:07.83SB: no time	
	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		no time		no time		no time		03:05.29
	no time							
								

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:2, starttime: 10:11	
Heat: 2/10 Lane : 1 Athlete: BOGAERT ISAAC							Q-time: 03:00:34	
PB (25m pool): 03:00.34 Groenenhoek Berchem 10/10/2026							PB (50m pool): 03:10.78 SB: 03:00.34 Groenenhoek Berchem 10/10/2026	
	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		00:39.42		no time		no time		03:00.34
	00:39.42							
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:3, starttime: 10:15	
Heat: 3/10 Lane : 1 Athlete: MICHIELS VINCE							Q-time: 02:58:89	
PB (25m pool): 02:58.89 Mol 04/10/2026							PB (50m pool): 03:08.45 SB: 02:58.89 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		00:39.24		01:27.21		02:17.74		02:58.89
	00:39.24		00:47.97		00:50.53		00:41.15	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:3, starttime: 10:15	
Heat: 3/10 Lane : 8 Athlete: EGGERMONT OLIVER							Q-time: 02:59:72	
PB (25m pool): 02:59.72 Mol 04/10/2026							PB (50m pool): 03:03.01 SB: 02:59.72 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		00:40.39		01:25.29		02:18.52		02:59.72
	00:40.39		00:44.90		00:53.23		00:41.20	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:4, starttime: 10:18	
Heat: 4/10 Lane : 5 Athlete: TSERING WANGCHUK LHAKSAM							Q-time: 02:55:51	
PB (25m pool): 02:55.51 Mol 04/10/2026							PB (50m pool): 03:14.26 SB: 02:55.51 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		00:38.79		01:23.13		02:16.32		02:55.51
	00:38.79		00:44.34		00:53.19		00:39.19	
								

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:6, starttime: 10:25	
Heat: 6/10 Lane : 8 Athlete: ROOSEN MATHIJS							Q-time: 02:52:16	
PB (25m pool): 02:52.16 Kapellen 30/05/2026				PB (50m pool): 02:53.56 SB: 02:56.25 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		00:36.86		no time		no time		02:52.16
	00:36.86							
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:8, starttime: 10:32	
Heat: 8/10 Lane : 8 Athlete: LENAERTS JOPPE							Q-time: 02:47:01	
PB (25m pool): 02:47.01 Mol 04/10/2026				PB (50m pool): 02:48.33SB: 02:47.01 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		00:35.81		01:18.20		02:07.03		02:47.01
	00:35.81		00:42.39		00:48.83		00:39.98	
								

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14										Heat:3, starttime: 10:44	
Heat: 3/3 Lane : 5 Athlete: MOR IRIS										Q-time: 00:35:26	
PB (25m pool): 00:35.26 Mol 04/10/2026										PB (50m pool): 00:36.49SB: 00:35.26 Mol 04/10/2026	
	2 5 M		5 0 M								
PB			00:35.26								
			00:35.26								
											

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14							Heat:3, starttime: 10:44		
Heat: 3/3 Lane : 7 Athlete: TALBOOM MAJA							Q-time: 00:36:11		
PB (25m pool): 00:36.11 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:37.31 SB: 00:37.21 Mol 04/10/2026		
	2 5 M		5 0 M						
PB			00:36.11						
			00:36.11						
									

Coach feedback:

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Event number: 33: 50M BREASTSTROKE WOMEN 13-14			Heat:3, starttime: 10:44
Heat: 3/3 Lane : 8 Athlete: VERED TATUM			Q-time: 00:36:28
PB (25m pool): 36.28 NK sprint 11/07/2026			PB (50m pool): 38.71 SB: no time
	2 5 M	5 0 M	
PB		36.28	
		36.28	
			

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14			Heat:2, starttime: 10:47
Heat: 2/4 Lane : 6 Athlete: APERS REDA			Q-time: 00:35:74
PB (25m pool): 00:35.74 Mol 04/10/2026			PB (50m pool): 00:38.63 SB: 00:35.74 Mol 04/10/2026
	2 5 M	5 0 M	
PB		00:35.74	
		00:35.74	
			

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14			Heat:2, starttime: 10:47
Heat: 2/4 Lane : 8 Athlete: VAN CAMPFORT OLIVIER			Q-time: 00:36:85
PB (25m pool): 00:36.85 Mol 04/10/2026			PB (50m pool): no time SB: 00:36.85 Mol 04/10/2026
	2 5 M	5 0 M	
PB		00:36.85	
		00:36.85	
			

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14			Heat:3, starttime: 10:48
Heat: 3/4 Lane : 3 Athlete: CRISTIAN DAMIAN IANIS			Q-time: 00:34:69
PB (25m pool): 00:35.02 Mol 04/10/2026			PB (50m pool): 00:36.22 SB: 00:35.02 Mol 04/10/2026
	2 5 M	5 0 M	
PB		00:35.02	
		00:35.02	
			

Coach feedback:

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Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:3, starttime: 11:01	
Heat: 3/4 Lane : 5 Athlete: TEMMERMAN ELYNNE							Q-time: 04:40:64	
PB (25m pool): 04:40.64 Gent 23/02/2025				PB (50m pool): 04:44.11 SB: no time				
	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		00:30.64		01:04.91		01:40.25		02:16.28
	00:30.64		00:34.27		00:35.34		00:36.03	
								
	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		02:52.33		03:28.89		04:04.96		04:40.64
	00:36.05		00:36.56		00:36.07		00:35.68	
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:2, starttime: 11:18	
Heat: 2/4 Lane : 6 Athlete: VAN CAMPFORT NICOLAS							Q-time: 04:24:69	
PB (25m pool): 04:24.69 Antwerpen 12/10/2025				PB (50m pool): 04:32.13SB: 04:30.77 Mol 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		00:29.47		01:02.67		01:36.68		02:10.37
	00:29.47		00:33.20		00:34.01		00:33.69	
								
	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		02:44.28		03:18.11		03:52.16		04:24.69
	00:33.91		00:33.83		00:34.05		00:32.53	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:4, starttime: 11:42	
Heat: 4/6 Lane : 6 Athlete: TALBOOM MAJA							Q-time: 02:39:55	
PB (25m pool): 02:40.49 Groenenhoek Berchem 10/10/2026				PB (50m pool): 02:39.55 SB: 02:40.49 Groenenhoek Berchem 10/10/2026				
	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		00:35.02		no time		no time		02:40.49
	00:35.02							
								

Coach feedback:

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Event number: 38: 200M MEDLEY MEN 13-14							Heat:1, starttime: 11:52	
Heat: 1/6 Lane : 1 Athlete: STEPANOV IVAN							Q-time: 02:53:10	
PB (25m pool): 02:56.32 Groenenhoek Berchem 05/10/2025 PB (50m pool): 02:53.10 SB: no time								
	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		00:39.02		no time		no time		02:56.32
	00:39.02							
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:5, starttime: 12:05	
Heat: 5/6 Lane : 3 Athlete: CRISTIAN DAMIAN IANIS							Q-time: 02:30:56	
PB (25m pool): 02:33.00 Mol 04/10/2026				PB (50m pool): 02:30.56 SB: 02:33.00 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		00:32.68		01:13.90		01:57.16		02:33.00
	00:32.68		00:41.22		00:43.26		00:35.84	
								

Coach feedback: