

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

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

Coaches: Maene Stefaan HEADCOACH

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 : 4 Athlete: KIELB KORNELIA					Q-time: 01:05:21
PB (25m pool): 01:05.21 Brugge 04/10/2026					PB (50m pool): 01:06.97 SB: 01:05.21 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.75		01:05.21	
	00:31.75		00:33.46		
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:3, starttime: 09:40	
Heat: 3/10 Lane : 2 Athlete: LALOO PAULINE							Q-time: 02:56:34	
PB (25m pool): 02:56.34 Brugge 04/10/2026				PB (50m pool): 03:00.81 SB: 02:56.34 Brugge 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		00:37.47		01:19.73		02:17.19		02:56.34
	00:37.47		00:42.26		00:57.46		00:39.15	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:6, starttime: 09:50	
Heat: 6/10 Lane : 6 Athlete: CALLEWAERT ANTHE							Q-time: 02:52:35	
PB (25m pool): 02:52.35 Brugge 04/10/2026				PB (50m pool): 02:56.79SB: 02:52.35 Brugge 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		00:40.68		01:23.47		02:15.06		02:52.35
	00:40.68		00:42.79		00:51.59		00:37.29	
								

Coach feedback:

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Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:10, starttime: 10:04	
Heat: 10/10 Lane : 6 Athlete: DEWITTE ELISE							Q-time: 02:38:79	
PB (25m pool): 02:38.79 Brugge 04/10/2026				PB (50m pool): 02:42.83 SB: 02:38.79 Brugge 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		00:33.71		01:11.90		02:03.68		02:38.79
	00:33.71		00:38.19		00:51.78		00:35.11	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:9, starttime: 10:35	
Heat: 9/10 Lane : 4 Athlete: VERSTRAETE HENRI							Q-time: 02:38:46	
PB (25m pool): 02:45.66 DIKSMUIDE 30/11/2025				PB (50m pool): 02:38.46 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		00:35.96		01:18.86		02:07.59		02:45.66
	00:35.96		00:42.90		00:48.73		00:38.07	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:1, starttime: 11:33	
Heat: 1/6 Lane : 3 Athlete: KIELB KORNELIA							Q-time: 02:47:32	
PB (25m pool): 02:47.32 DIKSMUIDE 30/11/2025				PB (50m pool): 02:47.62 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		00:35.88		01:20.10		02:09.74		02:47.32
	00:35.88		00:44.22		00:49.64		00:37.58	
								

Coach feedback: