

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

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

Coaches: Smet Kathleen HEADCOACH

Coaches: De Wit Tessa

Coaches: Theunissen Davey

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:5, starttime: 08:39
Heat: 5/6 Lane : 5 Athlete: MELOTTE PIA					Q-time: 01:05:51
PB (25m pool): 01:05.51 Gent 09/11/2025					PB (50m pool): 01:06.20 SB: 01:07.70 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.00		01:05.51	
	00:32.00		00:33.51		
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:6, starttime: 08:41
Heat: 6/6 Lane : 4 Athlete: VANDEVENNE LIAH					Q-time: 01:04:46
PB (25m pool): 01:04.46 Gent 09/11/2025					PB (50m pool): 01:05.01 SB: 01:05.27 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.73		01:04.46	
	00:30.73		00:33.73		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:2, starttime: 08:45
Heat: 2/6 Lane : 5 Athlete: FREDERIX LOU					Q-time: 01:06:42
PB (25m pool): 01:06.42 Hasselt 04/10/2026					PB (50m pool): 01:08.88 SB: 01:06.42 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.05		01:06.42	
	00:32.05		00:34.37		
					

Coach feedback:

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

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:6, starttime: 08:54
Heat: 6/6 Lane : 3 Athlete: BAELEN TOBE					Q-time: 01:00:22
PB (25m pool): 01:00.22 Beringen 08/02/2026					PB (50m pool): 01:03.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:00.22	
	no time				
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:2, starttime: 08:58
Heat: 2/8 Lane : 4 Athlete: NIJS ALANI					Q-time: 01:06:15
PB (25m pool): 01:06.15 Aarschot 26/04/2026					PB (50m pool): 01:10.04 SB: 01:06.50 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.37		01:06.15	
	00:31.37 00:34.78				
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:2, starttime: 09:11
Heat: 2/7 Lane : 8 Athlete: LEMMENS LARS					Q-time: 01:04:84
PB (25m pool): 01:04.84 Pelt 27/09/2026					PB (50m pool): 01:05.26 SB: 01:04.84 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.08		01:04.84	
	00:31.08 00:33.76				
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:5, starttime: 09:24
Heat: 5/6 Lane : 4 Athlete: BROUWERS CHARLOTTE					Q-time: 00:26:60
PB (25m pool): 00:26.60 Hasselt 04/05/2025					PB (50m pool): 00:27.52 SB: 00:27.09 Hasselt 04/10/2026
	2 5 M	5 0 M			
PB		00:26.60			
	00:26.60				
					

Coach feedback:

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

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:7, starttime: 09:54	
Heat: 7/10 Lane : 3 Athlete: CLAES JANNE							Q-time: 02:51:55	
PB (25m pool): 02:51.55 Hasselt 04/10/2026				PB (50m pool): 02:54.01 SB: 02:51.55 Hasselt 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		00:37.90		01:21.49		02:11.80		02:51.55
	00:37.90		00:43.59		00:50.31		00:39.75	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:8, starttime: 09:57	
Heat: 8/10 Lane : 2 Athlete: VREYS ANSE							Q-time: 02:46:19	
PB (25m pool): 02:46.19 Hasselt 04/10/2026				PB (50m pool): 02:49.67 SB: 02:46.19 Hasselt 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		00:37.23		01:23.40		02:08.41		02:46.19
	00:37.23		00:46.17		00:45.01		00:37.78	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:10, starttime: 10:04	
Heat: 10/10 Lane : 4 Athlete: VAN HEES LENTHEL							Q-time: 02:36:41	
PB (25m pool): 02:36.41 Hasselt 04/10/2026				PB (50m pool): 02:40.04 SB: 02:36.41 Hasselt 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		00:33.45		01:13.54		02:00.31		02:36.41
	00:33.45		00:40.09		00:46.77		00:36.10	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:2, starttime: 10:11	
Heat: 2/10 Lane : 7 Athlete: MOORS LIAM							Q-time: 03:00:11	
PB (25m pool): 03:00.11 Pelt 27/09/2026				PB (50m pool): 03:04.29SB: 03:00.11 Pelt 27/09/2026				
	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		00:40.61		no time		no time		03:00.11
	00:40.61							
								

Coach feedback:

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

Event number: 32: 200M MEDLEY MEN 11-12							Heat:3, starttime: 10:15	
Heat: 3/10 Lane : 7 Athlete: VANBRABANT NOAH							Q-time: 02:58:76	
PB (25m pool): 02:56.64 3500 Hasselt 18/10/2026				PB (50m pool): 03:03.41 SB: 02:56.64 3500 Hasselt 18/10/2026				
	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		00:38.61		01:21.89		02:15.88		02:56.64
	00:38.61		00:43.28		00:53.99		00:40.76	
								

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14										Heat:3, starttime: 10:44	
Heat: 3/3 Lane : 4 Athlete: PUT FIEN										Q-time: 00:34:92	
PB (25m pool): 00:34.92 Hasselt 04/10/2026										PB (50m pool): 00:35.29SB: 00:34.92 Hasselt 04/10/2026	
	2 5 M		5 0 M								
PB			00:34.92								
	00:34.92										
											

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14							Heat:3, starttime: 10:48			
Heat: 3/4 Lane : 6 Athlete: VERTESSEN WOUT							Q-time: 00:34:70			
PB (25m pool): 00:34.70 Hasselt 04/10/2026				PB (50m pool): 00:36.76 SB: 00:34.70 Hasselt 04/10/2026						
	2 5 M		5 0 M							
PB			00:34.70							
	00:34.70									
										

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:2, starttime: 10:56	
Heat: 2/4 Lane : 2 Athlete: POEL MAREN							Q-time: 04:49:98	
PB (25m pool): 04:49.98 Beringen 08/02/2026				PB (50m pool): 04:57.73 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		no time		01:08.66		no time		02:23.31
	no time							
								
	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		no time		no time		no time		04:49.98
								

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

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:1, starttime: 11:12	
Heat: 1/4 Lane : 6 Athlete: FREDERIX LOU							Q-time: 04:34:84	
PB (25m pool): 04:34.84 Beringen 08/02/2026				PB (50m pool): 04:59.71 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		no time		01:03.76		no time		02:14.09
	no time							
								
	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		no time		no time		no time		04:34.84
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:1, starttime: 11:12	
Heat: 1/4 Lane : 7 Athlete: JANSSEN THIBE							Q-time: 04:43:44	
PB (25m pool): 04:43.44 Beringen 08/02/2026				PB (50m pool): 04:56.08 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		no time		01:06.26		no time		02:19.32
	no time							
								
	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		no time		no time		no time		04:43.44
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 11:36	
Heat: 2/6 Lane : 4 Athlete: NIJS ALANI							Q-time: 02:44:01	
PB (25m pool): 02:41.72 3500 Hasselt 18/10/2026				PB (50m pool): 02:51.38 SB: 02:41.72 3500 Hasselt 18/10/2026				
	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		00:32.61		01:14.67		02:02.90		02:41.72
	00:32.61		00:42.06		00:48.23		00:38.82	
								

Coach feedback:

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

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:5, starttime: 11:46	
Heat: 5/6 Lane : 5 Athlete: ENGELEN FLOOR							Q-time: 02:34:87	
PB (25m pool): 02:33.30 3500 Hasselt 18/10/2026				PB (50m pool): 02:40.14 SB: 02:33.30 3500 Hasselt 18/10/2026				
	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		00:32.49		01:11.14		01:58.35		02:33.30
	00:32.49		00:38.65		00:47.21		00:34.95	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:6, starttime: 11:49	
Heat: 6/6 Lane : 5 Athlete: PUT FIEN							Q-time: 02:27:10	
PB (25m pool): 02:27.10 Hasselt 04/10/2026				PB (50m pool): 02:28.84 SB: 02:27.10 Hasselt 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		00:32.77		01:10.76		01:52.39		02:27.10
	00:32.77		00:37.99		00:41.63		00:34.71	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:5, starttime: 12:05	
Heat: 5/6 Lane : 5 Athlete: VERTESSEN WOUT							Q-time: 02:30:42	
PB (25m pool): 02:30.42 Hasselt 04/10/2026				PB (50m pool): 02:34.39 SB: 02:30.42 Hasselt 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		00:32.86		01:11.51		01:55.42		02:30.42
	00:32.86		00:38.65		00:43.91		00:35.00	
								

Coach feedback: