

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

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

Coaches: Melders Peter

Coaches: Jansen Goele HEADCOACH

PB => Personal Best time

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:6, starttime: 08:41
Heat: 6/6 Lane : 7 Athlete: WEVERS GITTE					Q-time: 01:09:52
PB (25m pool): 01:09.52 Hasselt 04/10/2026					PB (50m pool): 01:10.72 SB: 01:09.52 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.38		01:09.52	
		00:33.38		00:36.14	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:2, starttime: 08:45
Heat: 2/6 Lane : 6 Athlete: SERVFRANCKX SENNE					Q-time: 01:06:67
PB (25m pool): 01:06.67 Hasselt 04/10/2026					PB (50m pool): 01:11.74 SB: 01:06.67 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.19		01:06.67	
		00:32.19		00:34.48	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:3, starttime: 08:48
Heat: 3/6 Lane : 6 Athlete: EVENS VINCE					Q-time: 01:04:75
PB (25m pool): 01:04.75 Hasselt 04/10/2026					PB (50m pool): 01:07.15 SB: 01:04.75 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.74		01:04.75	
		00:31.74		00:33.01	
					

Coach feedback:

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Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:2, starttime: 08:58
Heat: 2/8 Lane : 1 Athlete: DE BELDER KATO					Q-time: 01:07:02
PB (25m pool): 01:07.02 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.66 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.15		01:07.02	
	00:32.15		00:34.87		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:2, starttime: 08:58
Heat: 2/8 Lane : 5 Athlete: JORISKES LORE					Q-time: 01:06:60
PB (25m pool): 01:06.60 Bree 31/05/2026 PB (50m pool): 01:08.10 SB: 01:07.14 Hasselt 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.91		01:06.60	
	00:31.91		00:34.69		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:4, starttime: 09:01
Heat: 4/8 Lane : 2 Athlete: VANHEESWIJCK AMELEA					Q-time: 01:04:98
PB (25m pool): 01:04.98 Hasselt 04/10/2026 PB (50m pool): 01:05.37 SB: 01:04.98 Hasselt 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.37		01:04.98	
	00:31.37		00:33.61		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:02
Heat: 5/8 Lane : 7 Athlete: SCHOUTEDEN NIENKE					Q-time: 01:04:33
PB (25m pool): 01:04.33 Bree 31/05/2026 PB (50m pool): 01:04.48 SB: 01:04.54 Hasselt 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.07		01:04.33	
	00:31.07		00:33.26		
					

Coach feedback:

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Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:02
Heat: 5/8 Lane : 8 Athlete: RUELENS COBIEN					Q-time: 01:04:40
PB (25m pool): 01:04.40 Bree 31/05/2026			PB (50m pool): 01:06.25 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.19		01:04.40	
	00:31.19		00:33.21		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:6, starttime: 09:04
Heat: 6/8 Lane : 6 Athlete: THEUWISSEN NORE					Q-time: 01:02:65
PB (25m pool): 01:02.65 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:03.84 SB: 01:03.76 Hasselt 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.95		01:02.65	
	00:29.95		00:32.70		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:2, starttime: 09:11
Heat: 2/7 Lane : 6 Athlete: GEUTJENS MAXIME					Q-time: 01:04:48
PB (25m pool): 01:04.48 Bree 31/05/2026			PB (50m pool): 01:06.06 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.98		01:04.48	
	00:30.98		00:33.50		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:5, starttime: 09:15
Heat: 5/7 Lane : 1 Athlete: WALTERUS KILYAN					Q-time: 01:01:84
PB (25m pool): 01:02.05 Bree 31/05/2026			PB (50m pool): 01:01.84 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.29		01:02.05	
	00:29.29		00:32.76		
					

Coach feedback:

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Event number: 30: 50M FREESTYLE MEN 15-16							Heat:3, starttime: 09:29	
Heat: 3/6 Lane : 6 Athlete: SERVVRANCKX SENNE							Q-time: 00:26:42	
PB (25m pool): 00:26.42 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 00:26.98SB: 00:26.47 Hasselt 04/10/2026	
	2 5 M		5 0 M					
PB			00:26.42					
			00:26.42					
								

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16							Heat:4, starttime: 09:30		
Heat: 4/6 Lane : 5 Athlete: EVENS MATS							Q-time: 00:24:70		
PB (25m pool): 00:24.70 Hasselt 04/10/2026							PB (50m pool): 00:24.78SB: 00:24.70 Hasselt 04/10/2026		
	2 5 M		5 0 M						
PB			00:24.70						
			00:24.70						
									

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12						Heat:2, starttime: 09:37		
Heat: 2/10 Lane : 6 Athlete: BIANCHI MAIA						Q-time: 02:58:86		
PB (25m pool): 02:58.86 Pelt 27/09/2026						PB (50m pool): 03:01.79 SB: 02:58.86 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		00:37.45		no time		no time		02:58.86
	00:37.45							
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12						Heat:4, starttime: 09:44		
Heat: 4/10 Lane : 2 Athlete: VAN EYGEN LOUISE						Q-time: 02:55:34		
PB (25m pool): 02:55.34 Hasselt 04/10/2026						PB (50m pool): 02:59.25 SB: 02:55.34 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		00:39.09		01:23.47		02:15.01		02:55.34
	00:39.09		00:44.38		00:51.54		00:40.33	
								

Coach feedback:

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Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:7, starttime: 09:54	
Heat: 7/10 Lane : 5 Athlete: BEIJNSBERGER JULIE							Q-time: 02:49:39	
PB (25m pool): 02:49.39 Hasselt 04/10/2026				PB (50m pool): 02:57.58SB: 02:49.39 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		00:36.16		01:17.22		02:11.94		02:49.39
	00:36.16		00:41.06		00:54.72		00:37.45	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:8, starttime: 09:57	
Heat: 8/10 Lane : 7 Athlete: BEIJNSBERGER LOUISE							Q-time: 02:46:45	
PB (25m pool): 02:46.45 Hasselt 04/10/2026				PB (50m pool): 02:51.01SB: 02:46.45 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		00:34.52		01:17.76		02:08.98		02:46.45
	00:34.52		00:43.24		00:51.22		00:37.47	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:5, starttime: 10:22	
Heat: 5/10 Lane : 5 Athlete: JORISKES GIJS							Q-time: 02:52:68	
PB (25m pool): 02:52.68 Hasselt 04/10/2026				PB (50m pool): 02:58.10SB: 02:52.68 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		00:39.77		01:24.03		02:14.99		02:52.68
	00:39.77		00:44.26		00:50.96		00:37.69	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:7, starttime: 10:28	
Heat: 7/10 Lane : 7 Athlete: FERREIRA CRAVO ENZO							Q-time: 02:48:50	
PB (25m pool): 02:48.50 Hasselt 04/10/2026				PB (50m pool): 02:53.62SB: 02:48.50 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		00:37.80		01:20.86		02:11.33		02:48.50
	00:37.80		00:43.06		00:50.47		00:37.17	
								

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:9, starttime: 10:35	
Heat: 9/10 Lane : 1 Athlete: BOSMANS VINCE							Q-time: 02:42:31	
PB (25m pool): 02:42.31 Hasselt 04/10/2026				PB (50m pool): 02:46.17 SB: 02:42.31 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		00:34.84		01:15.82		02:05.18		02:42.31
	00:34.84		00:40.98		00:49.36		00:37.13	
								

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14							Heat:1, starttime: 10:42		
Heat: 1/3 Lane : 3 Athlete: NOUWEN FLEUR							Q-time: 00:38:85		
PB (25m pool): 00:38.85 Hasselt 04/10/2026				PB (50m pool): 00:38.86 SB: 00:38.85 Hasselt 04/10/2026					
	2 5 M		5 0 M						
PB			00:38.85						
			00:38.85						
									

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14							Heat:2, starttime: 10:43	
Heat: 2/3 Lane : 6 Athlete: RUELENS COBIEN							Q-time: 00:36:98	
PB (25m pool): 00:36.98 Bree 31/05/2026							PB (50m pool): 00:38.49SB: no time	
	2 5 M		5 0 M					
PB			00:36.98					
			00:36.98					
								

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14										Heat:3, starttime: 10:48	
Heat: 3/4 Lane : 5 Athlete: WALTERUS KILYAN										Q-time: 00:34:66	
PB (25m pool): 00:34.66 Hasselt 04/10/2026										PB (50m pool): 00:36.20 SB: 00:34.66 Hasselt 04/10/2026	
PB	2 5 M		5 0 M								
			00:34.66								
			00:34.66								
											

Coach feedback:

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Event number: 36: 400M FREESTYLE MEN 15-16							Heat:1, starttime: 11:12	
Heat: 1/4 Lane : 3 Athlete: DAEMEN JUUL							Q-time: 04:32:49	
PB (25m pool): 04:32.49 Beringen 08/02/2026				PB (50m pool): 04:42.52 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		01:04.73		no time		02:14.44
	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		04:32.49
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:3, starttime: 11:23	
Heat: 3/4 Lane : 8 Athlete: TIELEN SANDER							Q-time: 04:23:61	
PB (25m pool): 04:23.61 Hasselt 04/10/2026				PB (50m pool): 04:27.04SB: 04:23.61 Hasselt 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		00:28.33		01:00.33		01:33.44		02:08.58
	00:28.33		00:32.00		00:33.11		00:35.14	
								
	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		02:42.49		03:16.96		03:51.12		04:23.61
	00:33.91		00:34.47		00:34.16		00:32.49	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:3, starttime: 11:39	
Heat: 3/6 Lane : 6 Athlete: DE BELDER KATO							Q-time: 02:42:11	
PB (25m pool): 02:42.11 Bree 16/02/2025				PB (50m pool): 02:43.78 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		00:36.12		no time		no time		02:42.11
	00:36.12							
								

Coach feedback:

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Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:4, starttime: 11:42	
Heat: 4/6 Lane : 1 Athlete: NOUWEN FLEUR							Q-time: 02:40:38	
PB (25m pool): 02:40.38 Hasselt 04/10/2026				PB (50m pool): 02:41.04SB: 02:40.38 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		00:35.17		01:17.44		02:04.29		02:40.38
	00:35.17		00:42.27		00:46.85		00:36.09	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:4, starttime: 11:42	
Heat: 4/6 Lane : 2 Athlete: RUELENS COBIEN							Q-time: 02:39:94	
PB (25m pool): 02:39.94 Bree 21/12/2025				PB (50m pool): 02:42.24SB: 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		00:34.94		no time		no time		02:39.94
	00:34.94							
								

Coach feedback: