

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

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

Coaches: Moerman Pieter

Coaches: Claerhout John

Coaches: Van der Elst Astrid

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:3, starttime: 08:34
Heat: 3/6 Lane : 1 Athlete: VANLANCKER YNTHE					Q-time: 01:11:65
PB (25m pool): 01:11.65 Temse 17/11/2025					PB (50m pool): 01:14.48 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.74		01:11.65	
	00:34.74		00:36.91		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:2, starttime: 08:45
Heat: 2/6 Lane : 2 Athlete: VANVYAENE MATTHYS					Q-time: 01:06:71
PB (25m pool): 01:04.80 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:07.01 SB: 01:04.80 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.94		01:04.80	
	00:31.94		00:32.86		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:5, starttime: 08:52
Heat: 5/6 Lane : 8 Athlete: DEBECKER MATHEO					Q-time: 01:04:03
PB (25m pool): 01:02.60 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:05.17 SB: 01:02.60 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.93		01:02.60	
	00:30.93		00:31.67		
					

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14					Heat:4, starttime: 09:14
Heat: 4/7 Lane : 7 Athlete: SYRYN JASPER					Q-time: 01:02:70
PB (25m pool): 01:02.70 Brugge 04/10/2026					PB (50m pool): 01:03.13SB: 01:02.70 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.17		01:02.70	
	00:30.17		00:32.53		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:1, starttime: 09:20
Heat: 1/6 Lane : 3 Athlete: VANLANCKER YNTHE					Q-time: 00:29:22
PB (25m pool): 00:29.22 DIKSMUIDE 30/11/2025					PB (50m pool): 00:31.10SB: 00:30.66 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M			
PB		00:29.22			
	00:29.22				
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:4, starttime: 09:23
Heat: 4/6 Lane : 3 Athlete: DHAESELEER FRAN					Q-time: 00:27:28
PB (25m pool): 00:27.36 Waregem 26/09/2026					PB (50m pool): 00:27.28SB: 00:27.36 Waregem 26/09/2026
	2 5 M	5 0 M			
PB		00:27.36			
	00:27.36				
					

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:4, starttime: 10:18
Heat: 4/10 Lane : 2 Athlete: GHYSELBRECHT BENT							Q-time: 02:56:02
PB (25m pool): 02:56.02 Brugge 04/10/2026							PB (50m pool): 02:58.46SB: 02:56.02 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		00:40.99		01:25.83		02:17.94	02:56.02
	00:40.99		00:44.84		00:52.11		00:38.08
							

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:5, starttime: 10:22	
Heat: 5/10 Lane : 7 Athlete: DE BUSSCHER VIC							Q-time: 02:54:56	
PB (25m pool): 02:54.56 Brugge 04/10/2026				PB (50m pool): 03:08.72 SB: 02:54.56 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		00:38.33		01:23.35		02:14.64		02:54.56
	00:38.33		00:45.02		00:51.29		00:39.92	
								

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14										Heat:1, starttime: 10:46	
Heat: 1/4 Lane : 2 Athlete: SYRYN JASPER										Q-time: 00:40:81	
PB (25m pool): 00:35.50 Sint-Amandsberg 18/10/2026					PB (50m pool): 00:40.81 SB: 00:35.50 Sint-Amandsberg 18/10/2026						
	2 5 M		5 0 M								
PB			00:35.50								
	00:35.50										
											

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:4, starttime: 11:07	
Heat: 4/4 Lane : 3 Athlete: DHAESELEER FRAN							Q-time: 04:24:15	
PB (25m pool): 04:24.15 Zaventem 15/07/2025				PB (50m pool): 04:30.72 SB: 04:27.81 Brugge 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		no time		01:01.90		no time		02:09.65
	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		04:24.15
								

Coach feedback:

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Event number: 36: 400M FREESTYLE MEN 15-16							Heat:2, starttime: 11:18	
Heat: 2/4 Lane : 2 Athlete: VANVYAENE MATTHYS							Q-time: 04:24:78	
PB (25m pool): 04:24.39 Sint-Amandsberg 18/10/2026				PB (50m pool): 04:34.91 SB: 04:24.39 Sint-Amandsberg 18/10/2026				
	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		00:28.89		01:01.52		01:34.81		02:08.48
	00:28.89		00:32.63		00:33.29		00:33.67	
								
	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		02:42.74		03:17.32		03:51.98		04:24.39
	00:34.26		00:34.58		00:34.66		00:32.41	
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:4, starttime: 11:27	
Heat: 4/4 Lane : 7 Athlete: DEBECKER MATHEO							Q-time: 04:12:37	
PB (25m pool): 04:12.37 Zwembad De Motte 14/07/2026				PB (50m pool): 04:16.51SB: 04:12.79 Sint-Amandsberg 18/10/2026				
	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		no time		01:00.17		no time		02:04.03
	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		04:12.37
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:4, starttime: 12:02	
Heat: 4/6 Lane : 3 Athlete: SYRYN JASPER							Q-time: 02:33:75	
PB (25m pool): 02:33.75 Brugge 04/10/2026				PB (50m pool): 02:54.49SB: 02:33.75 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		00:34.25		01:13.46		01:59.13		02:33.75
	00:34.25		00:39.21		00:45.67		00:34.62	
								

Coach feedback: