

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

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

Coaches: Smeets Mirthe

Coaches: Broux Yves

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:1, starttime: 08:30
Heat: 1/6 Lane : 4 Athlete: LUTS EMILIA					Q-time: 01:13:51
PB (25m pool): 01:10.87 Maastricht 30/12/2024					PB (50m pool): 01:13.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.60		01:10.87	
	00:34.60		00:36.27		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:2, starttime: 08:45
Heat: 2/6 Lane : 8 Athlete: MIJSLINSKI JAYDEN					Q-time: 01:09:01
PB (25m pool): 01:08.89 Nijlen 18/10/2026					PB (50m pool): 01:12.72 SB: 01:08.89 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.53		01:08.89	
	00:33.53		00:35.36		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:7, starttime: 09:05
Heat: 7/8 Lane : 8 Athlete: JANSSEN LAUREN					Q-time: 01:03:62
PB (25m pool): 01:03.62 Hasselt 04/10/2026					PB (50m pool): 01:04.51 SB: 01:03.62 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.90		01:03.62	
	00:30.90		00:32.72		
					

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14					Heat:5, starttime: 09:15
Heat: 5/7 Lane : 2 Athlete: TORDEUR KILIAN					Q-time: 01:01:10
PB (25m pool): 01:01.10 Hasselt 04/10/2026					PB (50m pool): 01:02.36 SB: 01:01.10 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.65		01:01.10	
	00:29.65		00:31.45		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:5, starttime: 09:24
Heat: 5/6 Lane : 6 Athlete: VERVLOET ZOé					Q-time: 00:27:41
PB (25m pool): 00:27.41 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:27.59 SB: no time
	2 5 M	5 0 M			
PB		00:27.41			
	00:27.41				
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:2, starttime: 09:28
Heat: 2/6 Lane : 2 Athlete: MIJSLINSKI JAYDEN					Q-time: 00:26:94
PB (25m pool): 00:26.94 Hasselt 04/10/2026					PB (50m pool): 00:27.46 SB: 00:26.94 Hasselt 04/10/2026
	2 5 M	5 0 M			
PB		00:26.94			
	00:26.94				
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:9, starttime: 10:00
Heat: 9/10 Lane : 3 Athlete: VANHEES HANNAH							Q-time: 02:43:80
PB (25m pool): 02:43.80 Hasselt 04/10/2026							PB (50m pool): 02:49.21 SB: 02:43.80 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		00:36.57		01:15.77		02:06.32	02:43.80
	00:36.57		00:39.20		00:50.55		00:37.48
							

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:4, starttime: 10:18	
Heat: 4/10 Lane : 1 Athlete: KÄHLER MATHIAS							Q-time: 02:56:66	
PB (25m pool): 02:56.66 Hasselt 04/10/2026				PB (50m pool): 03:07.23 SB: 02:56.66 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		00:40.18		01:27.03		02:16.51		02:56.66
	00:40.18		00:46.85		00:49.48		00:40.15	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:5, starttime: 10:22	
Heat: 5/10 Lane : 2 Athlete: VANRUSSELT RAFAËL							Q-time: 02:53:91	
PB (25m pool): 02:53.91 Zwembad De Motte 20/06/2026				PB (50m pool): 03:04.47 SB: 02:58.84 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		00:37.16		no time		no time		02:53.91
	00:37.16							
								

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:4, starttime: 11:07	
Heat: 4/4 Lane : 5 Athlete: VERVLOET ZOé							Q-time: 04:23:96	
PB (25m pool): 04:23.96 Aachen 12/10/2025				PB (50m pool): 04:31.49SB: 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		00:29.32		01:02.32		01:35.87		02:09.54
	00:29.32		00:33.00		00:33.55		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		02:43.17		03:16.79		03:50.92		04:23.96
	00:33.63		00:33.62		00:34.13		00:33.04	
								

Coach feedback:

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Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:5, starttime: 11:46	
Heat: 5/6 Lane : 7 Athlete: JANSSEN LAUREN							Q-time: 02:37:41	
PB (25m pool): 02:37.41 Oberhausen 03/05/2026				PB (50m pool): 02:41.75 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		00:34.88		01:17.48		02:01.59		02:37.41
	00:34.88		00:42.60		00:44.11		00:35.82	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:5, starttime: 12:05	
Heat: 5/6 Lane : 2 Athlete: TORDEUR KILIAN							Q-time: 02:31:33	
PB (25m pool): 02:31.33 Hasselt 04/10/2026				PB (50m pool): 02:38.60 SB: 02:31.33 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		00:33.58		01:12.45		01:57.12		02:31.33
	00:33.58		00:38.87		00:44.67		00:34.21	
								

Coach feedback: