

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

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

Coaches: Mulkers Lander HEADCOACH

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 : 3 Athlete: BEUNCKENS TESS    |           |           |           |           | Q-time: 01:15:12                                        |
| PB (25m pool): 01:14.72 Maastricht 30/12/2024 |           |           |           |           | PB (50m pool): 01:15.45 SB: 01:15.12 Hasselt 04/10/2026 |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                         |
| PB                                            |           | 00:35.99  |           | 01:14.72  |                                                         |
|                                               | 00:35.99  |           | 00:38.73  |           |                                                         |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                         |

Coach feedback:

| Event number: 25: 100M BACKSTROKE WOMEN 15-16 |           |           |           |           | Heat:2, starttime: 08:32                             |
|-----------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------------------------|
| Heat: 2/6 Lane : 3 Athlete: VERLEYSSEN NOA    |           |           |           |           | Q-time: 01:12:36                                     |
| PB (25m pool): 01:12.36 Pelt 27/09/2026       |           |           |           |           | PB (50m pool): 01:12.91 SB: 01:12.36 Pelt 27/09/2026 |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                      |
| PB                                            |           | 00:35.86  |           | 01:12.36  |                                                      |
|                                               | 00:35.86  |           | 00:36.50  |           |                                                      |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 29: 50M FREESTYLE WOMEN 15-16 |           |           |  |  | Heat:5, starttime: 09:24                                |
|---------------------------------------------|-----------|-----------|--|--|---------------------------------------------------------|
| Heat: 5/6 Lane : 7 Athlete: SARGESJAN NALA  |           |           |  |  | Q-time: 00:28:02                                        |
| PB (25m pool): 00:28.02 Hasselt 04/05/2025  |           |           |  |  | PB (50m pool): 00:28.31 SB: 00:28.20 Hasselt 04/10/2026 |
|                                             | 2 5 M     | 5 0 M     |  |  |                                                         |
| PB                                          |           | 00:28.02  |  |  |                                                         |
|                                             | 00:28.02  |           |  |  |                                                         |
|                                             | . . . . . | . . . . . |  |  |                                                         |

Coach feedback:

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| Event number: 30: 50M FREESTYLE MEN 15-16          |           |  |           |  |  |  | Heat:5, starttime: 09:31                                      |  |  |
|----------------------------------------------------|-----------|--|-----------|--|--|--|---------------------------------------------------------------|--|--|
| Heat: 5/6    Lane : 4    Athlete: VANGROOTLOON JEF |           |  |           |  |  |  | Q-time: 00:23:98                                              |  |  |
| PB (25m pool): 00:23.98    Hasselt    04/10/2026   |           |  |           |  |  |  | PB (50m pool): 00:24.19 SB: 00:23.98    Hasselt    04/10/2026 |  |  |
|                                                    | 2 5 M     |  | 5 0 M     |  |  |  |                                                               |  |  |
| PB                                                 |           |  | 00:23.98  |  |  |  |                                                               |  |  |
|                                                    |           |  | 00:23.98  |  |  |  |                                                               |  |  |
|                                                    | . . . . . |  | . . . . . |  |  |  |                                                               |  |  |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12         |           |           |           |                                                        |           |           | Heat:5, starttime: 09:47 |           |
|---------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/10    Lane : 7    Athlete: BEVERNAGE TRIX |           |           |           |                                                        |           |           | Q-time: 02:53:61         |           |
| PB (25m pool): 02:53.61    Pelt 27/09/2026        |           |           |           | PB (50m pool): 02:57.13SB: 02:53.61    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                                                |           | 00:39.17  |           | no time                                                |           | no time   |                          | 02:53.61  |
|                                                   | 00:39.17  |           |           |                                                        |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                              | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12             |           |           |           |                                                               |           |           | Heat:6, starttime: 09:50 |           |
|-------------------------------------------------------|-----------|-----------|-----------|---------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/10    Lane : 5    Athlete: CLAESSENS ISA-BEAU |           |           |           |                                                               |           |           | Q-time: 02:52:05         |           |
| PB (25m pool): 02:52.05    Hasselt    04/10/2026      |           |           |           | PB (50m pool): 02:52.17 SB: 02:52.05    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                                                    |           | 00:37.14  |           | 01:22.19                                                      |           | 02:14.56  |                          | 02:52.05  |
|                                                       | 00:37.14  |           | 00:45.05  |                                                               | 00:52.37  |           | 00:37.49                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 35: 400M FREESTYLE WOMEN 15-16            |          |          |                                                               |          |          |          | Heat:1, starttime: 10:51 |          |
|---------------------------------------------------------|----------|----------|---------------------------------------------------------------|----------|----------|----------|--------------------------|----------|
| Heat: 1/4    Lane : 2    Athlete: CLAESSENS ELLA-LOUISE |          |          |                                                               |          |          |          | Q-time: 04:54:24         |          |
| PB (25m pool): 04:54.46    Hasselt    04/10/2026        |          |          | PB (50m pool): 04:54.24 SB: 04:54.46    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                                                      |          | 00:32.40 |                                                               | 01:08.03 |          | 01:45.38 |                          | 02:23.09 |
|                                                         | 00:32.40 |          | 00:35.63                                                      |          | 00:37.35 |          | 00:37.71                 |          |
|                                                         | .....    | .....    | .....                                                         | .....    | .....    | .....    | .....                    | .....    |
|                                                         | 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                                                      |          | 03:01.03 |                                                               | 03:38.98 |          | 04:17.42 |                          | 04:54.46 |
|                                                         | 00:37.94 |          | 00:37.95                                                      |          | 00:38.44 |          | 00:37.04                 |          |
|                                                         | .....    | .....    | .....                                                         | .....    | .....    | .....    | .....                    | .....    |

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|                                                     |           |           |           |                                                               |           |           |                          |           |
|-----------------------------------------------------|-----------|-----------|-----------|---------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Event number: 36: 400M FREESTYLE MEN 15-16          |           |           |           |                                                               |           |           | Heat:3, starttime: 11:23 |           |
| Heat: 3/4    Lane : 2    Athlete: VANDEPOEL QUINTEN |           |           |           |                                                               |           |           | Q-time: 04:16:87         |           |
| PB (25m pool): 04:16.87    Hasselt    12/10/2025    |           |           |           | PB (50m pool): 04:20.57 SB: 04:20.37    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                                                  |           | 00:29.32  |           | 01:01.17                                                      |           | 01:33.82  |                          | 02:06.67  |
|                                                     | 00:29.32  |           | 00:31.85  |                                                               | 00:32.65  |           | 00:32.85                 |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                                                     | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                     | 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                                                  |           | 02:39.61  |           | 03:12.46                                                      |           | 03:45.13  |                          | 04:16.87  |
|                                                     | 00:32.94  |           | 00:32.85  |                                                               | 00:32.67  |           | 00:31.74                 |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                                                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: