

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

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

Coaches: Vandeputte Pedro

Coaches: Desmet Lindsay

Coaches: Vandeputte Debby

Coaches: Demeyere Linda

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 : 3 Athlete: SCHACHT HANNE					Q-time: 01:11:14
PB (25m pool): 01:11.14 Temse 17/11/2025					PB (50m pool): 01:14.15 SB: 01:12.07 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.75		01:11.14	
	00:34.75		00:36.39		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:3, starttime: 08:59
Heat: 3/8 Lane : 5 Athlete: NOPPE PAULINE					Q-time: 01:05:28
PB (25m pool): 01:05.28 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:06.40 SB: 01:06.82 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.25		01:05.28	
	00:31.25		00:34.03		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:07
Heat: 8/8 Lane : 7 Athlete: VERSTRAETE LINDE					Q-time: 01:03:15
PB (25m pool): 01:03.15 Zwevegem 31/05/2026					PB (50m pool): 01:04.43 SB: 01:03.23 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.59		01:03.15	
	00:30.59		00:32.56		
					

Coach feedback:

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

Event number: 29: 50M FREESTYLE WOMEN 15-16										Heat:2, starttime: 09:22	
Heat: 2/6 Lane : 5 Athlete: SCHACHT HANNE									Q-time: 00:28:81		
PB (25m pool): 00:28.81 Menen 01/06/2025					PB (50m pool): 00:30.24 SB: 00:29.04 Brugge 04/10/2026						
	2 5 M		5 0 M								
PB			00:28.81								
	00:28.81										
											

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:2, starttime: 10:11	
Heat: 2/10 Lane : 4 Athlete: STEEN REMI							Q-time: 02:59:78	
PB (25m pool): 02:59.78 Brugge 04/10/2026				PB (50m pool): 03:04.70 SB: 02:59.78 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		00:44.99		01:31.00		02:21.62		02:59.78
	00:44.99		00:46.01		00:50.62		00:38.16	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:8, starttime: 10:32	
Heat: 8/10 Lane : 7 Athlete: VANDEPUTTE JORBE							Q-time: 02:46:97	
PB (25m pool): 02:46.97 DIKSMUIDE 30/11/2025				PB (50m pool): 02:47.55 SB: 02:54.47 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		00:37.84		01:21.58		02:09.82		02:46.97
	00:37.84		00:43.74		00:48.24		00:37.15	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:1, starttime: 11:33	
Heat: 1/6 Lane : 5 Athlete: NOPPE PAULINE							Q-time: 02:46:92	
PB (25m pool): 02:46.92 Brugge 04/10/2026				PB (50m pool): 02:48.84 SB: 02:46.92 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		00:37.34		01:20.03		02:11.03		02:46.92
	00:37.34		00:42.69		00:51.00		00:35.89	
								

Coach feedback: