

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

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

Coaches: VANDENBERGHE HANNAH

Coaches: VANMEENEN SARA

Coaches: VANMEENEN LAURA

Coaches: LEPLA MARTINE

Coaches: DRUART ANNELIES 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 : 1 Athlete: DE BRUYNE SILKE        |           |           |           |           | Q-time: 01:09:84                                                |
| PB (25m pool): 01:09.52 Sint-Amandsberg 18/10/2026 |           |           |           |           | PB (50m pool): 01:12.62 SB: 01:09.52 Sint-Amandsberg 18/10/2026 |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                                 |
| PB                                                 |           | 00:33.97  |           | 01:09.52  |                                                                 |
|                                                    | 00:33.97  |           | 00:35.55  |           |                                                                 |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . . |                                                                 |

Coach feedback:

| Event number: 26: 100M BACKSTROKE MEN 15-16  |           |           |           |           | Heat:4, starttime: 08:50                                        |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------------|
| Heat: 4/6 Lane : 7 Athlete: SEYS WOUT        |           |           |           |           | Q-time: 01:03:09                                                |
| PB (25m pool): 01:03.09 Diksmuide 12/10/2025 |           |           |           |           | PB (50m pool): 01:03.61 SB: 01:04.21 Sint-Amandsberg 18/10/2026 |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                                 |
| PB                                           |           | 00:31.10  |           | 01:03.09  |                                                                 |
|                                              | 00:31.10  |           | 00:31.99  |           |                                                                 |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                                 |

Coach feedback:

| Event number: 26: 100M BACKSTROKE MEN 15-16 |           |           |           |           | Heat:6, starttime: 08:54            |
|---------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 6/6 Lane : 7 Athlete: HOOGHE MAURO    |           |           |           |           | Q-time: 01:02:77                    |
| PB (25m pool): 01:02.77 Temse 17/11/2025    |           |           |           |           | PB (50m pool): 01:03.61 SB: no time |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                          |           | 00:30.90  |           | 01:02.77  |                                     |
|                                             | 00:30.90  |           | 00:31.87  |           |                                     |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

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| Event number: 28: 100M FREESTYLE MEN 13-14   |          |          |                                                        |          | Heat:2, starttime: 09:11 |
|----------------------------------------------|----------|----------|--------------------------------------------------------|----------|--------------------------|
| Heat: 2/7 Lane : 3 Athlete: DE BRUYNE SANDER |          |          |                                                        |          | Q-time: 01:04:48         |
| PB (25m pool): 01:04.48 Brugge 04/10/2026    |          |          | PB (50m pool): 01:06.26 SB: 01:04.48 Brugge 04/10/2026 |          |                          |
|                                              | 2 5 M    | 5 0 M    | 7 5 M                                                  | 1 0 0 M  |                          |
| PB                                           |          | 00:30.84 |                                                        | 01:04.48 |                          |
|                                              | 00:30.84 |          | 00:33.64                                               |          |                          |
|                                              | .....    | .....    | .....                                                  | .....    |                          |

Coach feedback:

| Event number: 28: 100M FREESTYLE MEN 13-14         |          |          |                                                                 |          | Heat:2, starttime: 09:11 |
|----------------------------------------------------|----------|----------|-----------------------------------------------------------------|----------|--------------------------|
| Heat: 2/7 Lane : 5 Athlete: DIERCKX ANDREAS        |          |          |                                                                 |          | Q-time: 01:04:38         |
| PB (25m pool): 01:03.39 Sint-Amandsberg 18/10/2026 |          |          | PB (50m pool): 01:05.56 SB: 01:03.39 Sint-Amandsberg 18/10/2026 |          |                          |
|                                                    | 2 5 M    | 5 0 M    | 7 5 M                                                           | 1 0 0 M  |                          |
| PB                                                 |          | 00:30.24 |                                                                 | 01:03.39 |                          |
|                                                    | 00:30.24 |          | 00:33.15                                                        |          |                          |
|                                                    | .....    | .....    | .....                                                           | .....    |                          |

Coach feedback:

| Event number: 28: 100M FREESTYLE MEN 13-14         |          |          |                                                                 |          | Heat:3, starttime: 09:12 |
|----------------------------------------------------|----------|----------|-----------------------------------------------------------------|----------|--------------------------|
| Heat: 3/7 Lane : 2 Athlete: MEUL RUNE              |          |          |                                                                 |          | Q-time: 01:03:86         |
| PB (25m pool): 01:03.26 Sint-Amandsberg 18/10/2026 |          |          | PB (50m pool): 01:07.44 SB: 01:03.26 Sint-Amandsberg 18/10/2026 |          |                          |
|                                                    | 2 5 M    | 5 0 M    | 7 5 M                                                           | 1 0 0 M  |                          |
| PB                                                 |          | 00:30.44 |                                                                 | 01:03.26 |                          |
|                                                    | 00:30.44 |          | 00:32.82                                                        |          |                          |
|                                                    | .....    | .....    | .....                                                           | .....    |                          |

Coach feedback:

| Event number: 28: 100M FREESTYLE MEN 13-14 |          |          |                                     |          | Heat:5, starttime: 09:15 |
|--------------------------------------------|----------|----------|-------------------------------------|----------|--------------------------|
| Heat: 5/7 Lane : 8 Athlete: BERVILLE BRICE |          |          |                                     |          | Q-time: 01:02:31         |
| PB (25m pool): 01:03.56 Ieper 04/01/2026   |          |          | PB (50m pool): 01:03.34 SB: no time |          |                          |
|                                            | 2 5 M    | 5 0 M    | 7 5 M                               | 1 0 0 M  |                          |
| PB                                         |          | 00:31.02 |                                     | 01:03.56 |                          |
|                                            | 00:31.02 |          | 00:32.54                            |          |                          |
|                                            | .....    | .....    | .....                               | .....    |                          |

Coach feedback:

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| Event number: 28: 100M FREESTYLE MEN 13-14 |           |           |           |           | Heat:6, starttime: 09:17                               |
|--------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 6/7 Lane : 4 Athlete: VINCENT RUNE   |           |           |           |           | Q-time: 00:55:72                                       |
| PB (25m pool): 00:55.72 Brugge 04/10/2026  |           |           |           |           | PB (50m pool): 00:57.03 SB: 00:55.72 Brugge 04/10/2026 |
|                                            | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                         |           | 00:26.80  |           | 00:55.72  |                                                        |
|                                            | 00:26.80  |           | 00:28.92  |           |                                                        |
|                                            | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 29: 50M FREESTYLE WOMEN 15-16     |           |           |  |  | Heat:2, starttime: 09:22                                |
|-------------------------------------------------|-----------|-----------|--|--|---------------------------------------------------------|
| Heat: 2/6 Lane : 7 Athlete: VANDERMARLIERE JUNA |           |           |  |  | Q-time: 00:29:02                                        |
| PB (25m pool): 00:29.02 WAREGEM 27/09/2025      |           |           |  |  | PB (50m pool): 00:29.96 SB: 00:29.69 Waregem 26/09/2026 |
|                                                 | 2 5 M     | 5 0 M     |  |  |                                                         |
| PB                                              |           | 00:29.02  |  |  |                                                         |
|                                                 | 00:29.02  |           |  |  |                                                         |
|                                                 | . . . . . | . . . . . |  |  |                                                         |

Coach feedback:

| Event number: 30: 50M FREESTYLE MEN 15-16  |           |           |  |  | Heat:4, starttime: 09:30                               |
|--------------------------------------------|-----------|-----------|--|--|--------------------------------------------------------|
| Heat: 4/6 Lane : 2 Athlete: PAUWELS MILLAU |           |           |  |  | Q-time: 00:25:64                                       |
| PB (25m pool): 00:25.64 Brugge 04/10/2026  |           |           |  |  | PB (50m pool): 00:25.98 SB: 00:25.64 Brugge 04/10/2026 |
|                                            | 2 5 M     | 5 0 M     |  |  |                                                        |
| PB                                         |           | 00:25.64  |  |  |                                                        |
|                                            | 00:25.64  |           |  |  |                                                        |
|                                            | . . . . . | . . . . . |  |  |                                                        |

Coach feedback:

| Event number: 30: 50M FREESTYLE MEN 15-16 |           |           |  |  | Heat:5, starttime: 09:31                               |
|-------------------------------------------|-----------|-----------|--|--|--------------------------------------------------------|
| Heat: 5/6 Lane : 3 Athlete: SEYS WOUT     |           |           |  |  | Q-time: 00:24:87                                       |
| PB (25m pool): 00:24.87 Brugge 04/10/2026 |           |           |  |  | PB (50m pool): 00:25.46 SB: 00:24.87 Brugge 04/10/2026 |
|                                           | 2 5 M     | 5 0 M     |  |  |                                                        |
| PB                                        |           | 00:24.87  |  |  |                                                        |
|                                           | 00:24.87  |           |  |  |                                                        |
|                                           | . . . . . | . . . . . |  |  |                                                        |

Coach feedback:

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| Event number: 31: 200M MEDLEY WOMEN 11-12        |           |           |           |                                                        |           |           | Heat:1, starttime: 09:33 |           |
|--------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 1/10    Lane : 4    Athlete: DERUDDER LEAH |           |           |           |                                                        |           |           | Q-time: 03:01:90         |           |
| PB (25m pool): 03:01.90 Brugge 04/10/2026        |           |           |           | PB (50m pool): 03:06.41 SB: 03:01.90 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                                               |           | 00:40.15  |           | 01:25.97                                               |           | 02:21.12  |                          | 03:01.90  |
|                                                  | 00:40.15  |           | 00:45.82  |                                                        | 00:55.15  |           | 00:40.78                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                                              | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12       |           |           |           |                                                             |           |           | Heat:4, starttime: 09:44 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/10    Lane : 8    Athlete: SEYS LOUISE  |           |           |           |                                                             |           |           | Q-time: 02:55:57         |           |
| PB (25m pool): 02:55.57    Brugge    04/10/2026 |           |           |           | PB (50m pool): 02:57.23SB: 02:55.57    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                                              |           | 00:41.04  |           | 01:28.07                                                    |           | 02:18.89  |                          | 02:55.57  |
|                                                 | 00:41.04  |           | 00:47.03  |                                                             | 00:50.82  |           | 00:36.68                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12          |           |           |           |                                                             |           |           | Heat:7, starttime: 09:54 |           |
|----------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/10    Lane : 6    Athlete: TYVAERT BABETTE |           |           |           |                                                             |           |           | Q-time: 02:51:58         |           |
| PB (25m pool): 02:51.58    Brugge    04/10/2026    |           |           |           | PB (50m pool): 03:01.89SB: 02:51.58    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                                                 |           | 00:38.14  |           | 01:21.63                                                    |           | 02:12.90  |                          | 02:51.58  |
|                                                    | 00:38.14  |           | 00:43.49  |                                                             | 00:51.27  |           | 00:38.68                 |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 32: 200M MEDLEY MEN 11-12            |           |           |           |                                                             |           |           | Heat:6, starttime: 10:25 |           |
|----------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/10    Lane : 1    Athlete: DE BRUYNE SENNE |           |           |           |                                                             |           |           | Q-time: 02:52:10         |           |
| PB (25m pool): 02:52.10    Brugge    04/10/2026    |           |           |           | PB (50m pool): 02:54.95SB: 02:52.10    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                                                 |           | 00:38.22  |           | 01:21.43                                                    |           | 02:13.81  |                          | 02:52.10  |
|                                                    | 00:38.22  |           | 00:43.21  |                                                             | 00:52.38  |           | 00:38.29                 |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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| Event number: 32: 200M MEDLEY MEN 11-12         |           |           |           |                                                            |           |           | Heat:7, starttime: 10:28 |           |
|-------------------------------------------------|-----------|-----------|-----------|------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/10    Lane : 4    Athlete: ROGIERS JACK |           |           |           |                                                            |           |           | Q-time: 02:47:09         |           |
| PB (25m pool): 02:47.09   Brugge   04/10/2026   |           |           |           | PB (50m pool): 02:48.73 SB: 02:47.09   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                                              |           | 00:37.18  |           | 01:20.89                                                   |           | 02:07.40  |                          | 02:47.09  |
|                                                 | 00:37.18  |           | 00:43.71  |                                                            | 00:46.51  |           | 00:39.69                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                  | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 34: 50M BREASTSTROKE MEN 13-14  |           |  |           |  |  |  |  |  |  | Heat:3, starttime: 10:48                                   |  |
|-----------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|------------------------------------------------------------|--|
| Heat: 3/4    Lane : 1    Athlete: MEUL RUNE   |           |  |           |  |  |  |  |  |  | Q-time: 00:35:51                                           |  |
| PB (25m pool): 00:37.27    Waregem 26/09/2026 |           |  |           |  |  |  |  |  |  | PB (50m pool): 00:38.83 SB: 00:37.27    Waregem 26/09/2026 |  |
|                                               | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                                                            |  |
| PB                                            |           |  | 00:37.27  |  |  |  |  |  |  |                                                            |  |
|                                               | 00:37.27  |  |           |  |  |  |  |  |  |                                                            |  |
|                                               | . . . . . |  | . . . . . |  |  |  |  |  |  |                                                            |  |

Coach feedback:

| Event number: 34: 50M BREASTSTROKE MEN 13-14   |           |  |           |                                                       |  |  | Heat:4, starttime: 10:49 |  |  |  |
|------------------------------------------------|-----------|--|-----------|-------------------------------------------------------|--|--|--------------------------|--|--|--|
| Heat: 4/4    Lane : 7    Athlete: HAUSPIE NIEL |           |  |           |                                                       |  |  | Q-time: 00:33:62         |  |  |  |
| PB (25m pool): 00:33.62 Brugge 04/10/2026      |           |  |           | PB (50m pool): 00:36.04SB: 00:33.62 Brugge 04/10/2026 |  |  |                          |  |  |  |
|                                                | 2 5 M     |  | 5 0 M     |                                                       |  |  |                          |  |  |  |
| PB                                             |           |  | 00:33.62  |                                                       |  |  |                          |  |  |  |
|                                                |           |  | 00:33.62  |                                                       |  |  |                          |  |  |  |
|                                                | . . . . . |  | . . . . . |                                                       |  |  |                          |  |  |  |

Coach feedback:

| Event number: 35: 400M FREESTYLE WOMEN 15-16      |          |          |          |                                    |          |          | Heat:1, starttime: 10:51 |          |
|---------------------------------------------------|----------|----------|----------|------------------------------------|----------|----------|--------------------------|----------|
| Heat: 1/4    Lane : 6    Athlete: DE BRUYNE SILKE |          |          |          |                                    |          |          | Q-time: 04:53:08         |          |
| PB (25m pool): 05:02.80 Brugge 20/10/2024         |          |          |          | PB (50m pool): 04:53.08SB: 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                                                |          | 00:34.77 |          | 01:13.10                           |          | 01:51.94 |                          | 02:31.14 |
|                                                   | 00:34.77 |          | 00:38.33 |                                    | 00:38.84 |          | 00:39.20                 |          |
|                                                   | .....    | .....    | .....    | .....                              | .....    | .....    | .....                    | .....    |
|                                                   | 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                                                |          | 03:09.68 |          | 03:48.32                           |          | 04:26.39 |                          | 05:02.80 |
|                                                   | 00:38.54 |          | 00:38.64 |                                    | 00:38.07 |          | 00:36.41                 |          |
|                                                   | .....    | .....    | .....    | .....                              | .....    | .....    | .....                    | .....    |

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| Event number: 35: 400M FREESTYLE WOMEN 15-16          |           |           |           |                                    |           |           | Heat:3, starttime: 11:01 |           |
|-------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/4    Lane : 6    Athlete: VANDERMARLIERE JUNA |           |           |           |                                    |           |           | Q-time: 04:41:08         |           |
| PB (25m pool): 04:41.08    Diksmuide 12/10/2025       |           |           |           | PB (50m pool): 04:49.29SB: 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                                                    |           | 00:32.15  |           | 01:07.62                           |           | 01:43.90  |                          | 02:19.89  |
|                                                       | 00:32.15  |           | 00:35.47  |                                    | 00:36.28  |           | 00:35.99                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                       | 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                                                    |           | 02:55.49  |           | 03:31.48                           |           | 04:07.32  |                          | 04:41.08  |
|                                                       | 00:35.60  |           | 00:35.99  |                                    | 00:35.84  |           | 00:33.76                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 36: 400M FREESTYLE MEN 15-16      |           |           |           |                                     |           |           | Heat:2, starttime: 11:18 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/4    Lane : 1    Athlete: HOOGHE MAURO  |           |           |           |                                     |           |           | Q-time: 04:25:17         |           |
| PB (25m pool): 04:27.98    Diksmuide 12/10/2025 |           |           |           | PB (50m pool): 04:25.17 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                                              |           | 00:30.28  |           | 01:04.27                            |           | 01:38.92  |                          | 02:13.19  |
|                                                 | 00:30.28  |           | 00:33.99  |                                     | 00:34.65  |           | 00:34.27                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                 | 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                                              |           | 02:47.19  |           | 03:20.97                            |           | 03:54.90  |                          | 04:27.98  |
|                                                 | 00:34.00  |           | 00:33.78  |                                     | 00:33.93  |           | 00:33.08                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 36: 400M FREESTYLE MEN 15-16      |           |           |           |                                                              |           |           | Heat:4, starttime: 11:27 |           |
|-------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 3    Athlete: DELIE VICO    |           |           |           |                                                              |           |           | Q-time: 04:06:64         |           |
| PB (25m pool): 03:55.60    Aachen    11/10/2026 |           |           |           | PB (50m pool): 04:09.07 SB: 03:55.60    Aachen    11/10/2026 |           |           |                          |           |
|                                                 | 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                                              |           | 00:26.71  |           | 00:55.50                                                     |           | 01:25.14  |                          | 01:54.94  |
|                                                 | 00:26.71  |           | 00:28.79  |                                                              | 00:29.64  |           | 00:29.80                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                 | 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                                              |           | 02:25.09  |           | 02:55.64                                                     |           | 03:26.32  |                          | 03:55.60  |
|                                                 | 00:30.15  |           | 00:30.55  |                                                              | 00:30.68  |           | 00:29.28                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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

|                                              |           |           |           |                                     |           |           |                          |           |
|----------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Event number: 38: 200M MEDLEY MEN 13-14      |           |           |           |                                     |           |           | Heat:5, starttime: 12:05 |           |
| Heat: 5/6    Lane : 7    Athlete: CLAEYS YBO |           |           |           |                                     |           |           | Q-time: 02:31:48         |           |
| PB (25m pool): 02:33.74    Temse 17/11/2025  |           |           |           | PB (50m pool): 02:31.48 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                                           |           | 00:33.94  |           | 01:13.76                            |           | 01:58.87  |                          | 02:33.74  |
|                                              | 00:33.94  |           | 00:39.82  |                                     | 00:45.11  |           | 00:34.87                 |           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: