

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

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

Coaches: Raes Kurt HEADCOACH

Coaches: Lievens Stijn

PB => Personal Best time

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

Event number: 26: 100M BACKSTROKE MEN 15-16 Heat:6, starttime: 08:54

Heat: 6/6 Lane : 2 Athlete: DE WITTE LEO Q-time: 01:02:14

PB (25m pool): 01:02.14 Leuven 04/10/2026 PB (50m pool): 01:05.19 SB: 01:02.14 Leuven 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.26		01:02.14	
		00:30.26		00:31.88	
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14 Heat:5, starttime: 09:15

Heat: 5/7 Lane : 4 Athlete: VOET LARS Q-time: 00:55:74

PB (25m pool): 00:55.74 Leuven 04/10/2026 PB (50m pool): 00:57.27 SB: 00:55.74 Leuven 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.80		00:55.74	
		00:26.80		00:28.94	
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16 Heat:2, starttime: 09:22

Heat: 2/6 Lane : 1 Athlete: ASSCHERICKX CHLO   Q-time: 00:29:05

PB (25m pool): 00:29.07 Aarschot 27/07/2026 PB (50m pool): 00:29.05 SB: 00:29.13 Leuven 04/10/2026

	2 5 M	5 0 M	
PB		00:29.07	
		00:29.07	
			

Coach feedback:

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Event number: 33: 50M BREASTSTROKE WOMEN 13-14										Heat:1, starttime: 10:42		
Heat: 1/3 Lane : 2 Athlete: DEVUE ROSALIE									Q-time: 00:39:90			
PB (25m pool): 00:39.90 Leuven 04/10/2026										PB (50m pool): 00:40.96 SB: 00:39.90 Leuven 04/10/2026		
	2 5 M		5 0 M									
PB			00:39.90									
	00:39.90											
												

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16						Heat:2, starttime: 10:56		
Heat: 2/4 Lane : 1 Athlete: ASSCHERICKX CHLO�						Q-time: 04:50:03		
PB (25m pool): 04:50.03 Aarschot 26/04/2026						PB (50m pool): 05:00.00 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		00:32.43		01:08.24		01:45.02		02:22.54
	00:32.43		00:35.81		00:36.78		00:37.52	
								
	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		03:00.36		03:37.87		04:15.03		04:50.03
	00:37.82		00:37.51		00:37.16		00:35.00	
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16						Heat:3, starttime: 11:23		
Heat: 3/4 Lane : 3 Athlete: DE WITTE LEO						Q-time: 04:15:40		
PB (25m pool): 04:15.40 Aarschot 27/07/2026						PB (50m pool): 04:29.24 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		00:28.94		01:00.72		no time		02:05.90
	00:28.94		00:31.78					
								
	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		04:15.40
								

Coach feedback:

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Event number: 38: 200M MEDLEY MEN 13-14							Heat:6, starttime: 12:08	
Heat: 6/6 Lane : 5 Athlete: VOET LARS							Q-time: 02:20:64	
PB (25m pool): 02:20.64 Leuven 04/10/2026				PB (50m pool): 02:27.06 SB: 02:20.64 Leuven 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		00:29.00		01:06.31		01:47.55		02:20.64
	00:29.00		00:37.31		00:41.24		00:33.09	
								

Coach feedback: