

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

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

Coaches: Adams Sander HEADCOACH

Coaches: Stabel Siegfried

Coaches: Van Herzeele Peggy

Coaches: Poelmans Julie

PB => Personal Best time

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:4, starttime: 08:37
Heat: 4/6 Lane : 8 Athlete: LAUWERS SOFIE					Q-time: 01:11:02
PB (25m pool): 01:11.02 Mol 04/10/2026					PB (50m pool): 01:11.24 SB: 01:11.02 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.69		01:11.02	
	00:34.69		00:36.33		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:1, starttime: 08:43
Heat: 1/6 Lane : 2 Athlete: STABEL JASPER					Q-time: 01:12:01
PB (25m pool): 01:10.83 Nijlen 18/10/2026					PB (50m pool): 01:14.64 SB: 01:10.83 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.95		01:10.83	
	00:33.95		00:36.88		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:2, starttime: 09:11
Heat: 2/7 Lane : 7 Athlete: LEYSEN JEROEN					Q-time: 01:04:74
PB (25m pool): 01:04.74 Sportoase De Watermolen 21/07/2026					PB (50m pool): 01:05.15 SB: 01:05.24 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.01		01:04.74	
	00:31.01		00:33.73		
					

Coach feedback:

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Event number: 30: 50M FREESTYLE MEN 15-16							Heat:2, starttime: 09:28	
Heat: 2/6 Lane : 1 Athlete: STABEL JASPER							Q-time: 00:26:96	
PB (25m pool): 00:26.96 Mol 04/10/2026				PB (50m pool): 00:27.34 SB: 00:26.96 Mol 04/10/2026				
	2 5 M		5 0 M					
PB			00:26.96					
			00:26.96					
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:9, starttime: 10:00	
Heat: 9/10 Lane : 8 Athlete: DIERCKX ASTRID							Q-time: 02:45:19	
PB (25m pool): 02:45.19 Mol 04/10/2026				PB (50m pool): 02:48.33SB: 02:45.19 Mol 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		00:35.19		01:20.95		02:09.00		02:45.19
	00:35.19		00:45.76		00:48.05		00:36.19	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:4, starttime: 10:18	
Heat: 4/10 Lane : 4 Athlete: ADAMS MATHIS							Q-time: 02:55:43	
PB (25m pool): 02:55.43 Sportoase De Watermolen 21/07/2026 PB (50m pool): 03:05.92 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		00:41.45		01:26.91		02:17.40		02:55.43
	00:41.45		00:45.46		00:50.49		00:38.03	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:9, starttime: 10:35	
Heat: 9/10 Lane : 7 Athlete: LEYSEN BENJAMIN							Q-time: 02:42:29	
PB (25m pool): 02:42.29 Mol 04/10/2026				PB (50m pool): 02:44.99 SB: 02:42.29 Mol 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		00:36.17		01:20.13		02:07.18		02:42.29
	00:36.17		00:43.96		00:47.05		00:35.11	
								

Coach feedback:

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Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:2, starttime: 10:56	
Heat: 2/4 Lane : 8 Athlete: LAUWERS SOFIE							Q-time: 04:50:56	
PB (25m pool): 04:50.56 2370 Arendonk 21/12/2025				PB (50m pool): 04:54.65 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		no time		01:07.36		no time		02:22.39
	no time							
								
	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		04:50.56
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:2, starttime: 11:56	
Heat: 2/6 Lane : 1 Athlete: LEYSEN JEROEN							Q-time: 02:40:18	
PB (25m pool): 02:40.76 Mol 04/10/2026				PB (50m pool): 02:40.18SB: 02:40.76 Mol 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		00:34.53		01:16.89		02:03.79		02:40.76
	00:34.53		00:42.36		00:46.90		00:36.97	
								

Coach feedback: