

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

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

Coaches: Decock Maaïke

Coaches: Vanhaeke Heidi

Coaches: Vanhecke Sabrina HEADCOACH

Coaches: Janart Michaël

Coaches: Dewulf Bart

Coaches: Duck Chantal

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 : 4 Athlete: FEYS FARAH					Q-time: 01:11:03
PB (25m pool): 01:11.03 Brugge 04/10/2026					PB (50m pool): 01:13.46 SB: 01:11.03 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.63		01:11.03	
		00:34.63		00:36.40	
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:4, starttime: 08:37
Heat: 4/6 Lane : 4 Athlete: DECOUTERE IMANI					Q-time: 01:04:81
PB (25m pool): 01:04.81 Ettelbruck 19/04/2026					PB (50m pool): 01:07.14 SB: 01:06.77 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.71		01:04.81	
		00:31.71		00:33.10	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:3, starttime: 08:48
Heat: 3/6 Lane : 1 Athlete: DEBRUYNE HANNES					Q-time: 01:05:89
PB (25m pool): 01:06.06 Ettelbruck 20/04/2025					PB (50m pool): 01:05.89 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.15		01:06.06	
		00:32.15		00:33.91	
					

Coach feedback:

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Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:5, starttime: 08:52
Heat: 5/6 Lane : 3 Athlete: DECUPERE ALEX					Q-time: 01:01:07
PB (25m pool): 01:01.07 Ettelbruck 19/04/2026					PB (50m pool): 01:03.32 SB: 01:01.75 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.89		01:01.07	
	00:29.89		00:31.18		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:1, starttime: 08:56
Heat: 1/8 Lane : 4 Athlete: LEMAHIEU LIESE					Q-time: 01:07:85
PB (25m pool): 01:07.85 Brugge 04/10/2026					PB (50m pool): 01:12.10 SB: 01:07.85 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.87		01:07.85	
	00:32.87		00:34.98		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:2, starttime: 08:58
Heat: 2/8 Lane : 7 Athlete: ROMBAUT CÉLINE					Q-time: 01:06:91
PB (25m pool): 01:06.70 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:08.74 SB: 01:06.70 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.48		01:06.70	
	00:32.48		00:34.22		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:02
Heat: 5/8 Lane : 6 Athlete: VERVENNE LOUISA					Q-time: 01:04:28
PB (25m pool): 01:04.28 Brugge 04/10/2026					PB (50m pool): 01:05.48 SB: 01:04.28 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.04		01:04.28	
	00:31.04		00:33.24		
					

Coach feedback:

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Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:7, starttime: 09:05
Heat: 7/8 Lane : 1 Athlete: DECUPERE LAURENCE					Q-time: 01:03:50
PB (25m pool): 01:03.50 Brugge 04/10/2026					PB (50m pool): 01:04.98 SB: 01:03.50 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.99		01:03.50	
	00:30.99		00:32.51		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:07
Heat: 8/8 Lane : 2 Athlete: SPILLEBEEN JUTTA					Q-time: 01:02:68
PB (25m pool): 01:02.68 Brugge 04/10/2026					PB (50m pool): 01:03.94 SB: 01:02.68 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.97		01:02.68	
	00:30.97		00:31.71		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:3, starttime: 09:12
Heat: 3/7 Lane : 4 Athlete: VANDEMAELE EGON					Q-time: 01:03:15
PB (25m pool): 01:03.15 Brugge 04/10/2026					PB (50m pool): 01:03.56 SB: 01:03.15 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.29		01:03.15	
	00:30.29		00:32.86		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:6, starttime: 09:17
Heat: 6/7 Lane : 1 Athlete: OLSZEWSKI MAXIME					Q-time: 01:01:67
PB (25m pool): 01:01.67 Brugge 04/10/2026					PB (50m pool): 01:03.31 SB: 01:01.67 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.71		01:01.67	
	00:29.71		00:31.96		
					

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14					Heat:7, starttime: 09:18
Heat: 7/7 Lane : 3 Athlete: DE BAL LUCAS					Q-time: 00:58:81
PB (25m pool): 00:58.81 Brugge 04/10/2026					PB (50m pool): 00:59.79 SB: 00:58.81 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.08		00:58.81	
	00:28.08		00:30.73		
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:2, starttime: 09:28
Heat: 2/6 Lane : 7 Athlete: VANDEMAELE JACOB					Q-time: 00:26:96
PB (25m pool): 00:26.96 Waregem 26/09/2026					PB (50m pool): 00:28.30 SB: 00:26.96 Waregem 26/09/2026
	2 5 M	5 0 M			
PB		00:26.96			
	00:26.96				
					

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:4, starttime: 10:18	
Heat: 4/10 Lane : 6 Athlete: VICTOR MILO							Q-time: 02:55:98	
PB (25m pool): 02:55.98 Brugge 04/10/2026							PB (50m pool): 02:56.03SB: 02:55.98 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		00:37.28		01:22.87		02:15.30		02:55.98
	00:37.28		00:45.59		00:52.43		00:40.68	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:9, starttime: 10:35	
Heat: 9/10 Lane : 2 Athlete: DECOCK CERIEL							Q-time: 02:41:57	
PB (25m pool): 02:38.00 Sint-Amandsberg 18/10/2026							PB (50m pool): 02:47.96 SB: 02:38.00 Sint-Amandsberg 18/10/2026	
	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		00:33.23		01:14.44		02:00.80		02:38.00
	00:33.23		00:41.21		00:46.36		00:37.20	
								

Coach feedback:

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Event number: 33: 50M BREASTSTROKE WOMEN 13-14			Heat:3, starttime: 10:44
Heat: 3/3 Lane : 1 Athlete: DUMORTIER ELISE			Q-time: 00:36:27
PB (25m pool): 00:35.85 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:40.92 SB: 00:35.85 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	
PB		00:35.85	
		00:35.85	
			

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14			Heat:3, starttime: 10:44
Heat: 3/3 Lane : 6 Athlete: LEMAHIEU LIESE			Q-time: 00:35:90
PB (25m pool): 00:35.90 Brugge 04/10/2026			PB (50m pool): 00:37.24 SB: 00:35.90 Brugge 04/10/2026
	2 5 M	5 0 M	
PB		00:35.90	
		00:35.90	
			

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14			Heat:1, starttime: 10:46
Heat: 1/4 Lane : 1 Athlete: DE BAL LUCAS			Q-time: 00:42:88
PB (25m pool): 00:33.03 Sint-Amandsberg 18/10/2026			PB (50m pool): no time SB: 00:33.03 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	
PB		00:33.03	
		00:33.03	
			

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14			Heat:2, starttime: 10:47
Heat: 2/4 Lane : 1 Athlete: VANNESTE DAAN			Q-time: 00:36:80
PB (25m pool): 00:36.80 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:37.72 SB: 00:36.98 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:36.80	
		00:36.80	
			

Coach feedback:

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Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:3, starttime: 11:01	
Heat: 3/4 Lane : 7 Athlete: FEYS FARAH							Q-time: 04:43:35	
PB (25m pool): 04:43.35 Brugge 04/10/2026				PB (50m pool): 04:55.50SB: 04:43.35 Brugge 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		00:31.78		01:07.08		01:43.60		02:20.12
	00:31.78		00:35.30		00:36.52		00:36.52	
								
	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		02:56.99		03:33.62		04:09.83		04:43.35
	00:36.87		00:36.63		00:36.21		00:33.52	
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:4, starttime: 11:27	
Heat: 4/4 Lane : 1 Athlete: DECUPERE ALEX							Q-time: 04:12:82	
PB (25m pool): 04:12.82 Brugge 04/10/2026				PB (50m pool): 04:17.06 SB: 04:12.82 Brugge 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		00:27.80		00:59.39		01:31.77		02:03.76
	00:27.80		00:31.59		00:32.38		00:31.99	
								
	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		02:37.04		03:09.43		03:41.42		04:12.82
	00:33.28		00:32.39		00:31.99		00:31.40	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:1, starttime: 11:33	
Heat: 1/6 Lane : 4 Athlete: ZEPHIRIN ASTRID							Q-time: 02:45:76	
PB (25m pool): 02:47.10 Brugge 04/10/2026				PB (50m pool): 02:45.76 SB: 02:47.10 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		00:35.33		01:18.82		02:09.16		02:47.10
	00:35.33		00:43.49		00:50.34		00:37.94	
								

Coach feedback:

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

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:1, starttime: 11:33	
Heat: 1/6 Lane : 6 Athlete: VERVENNE LOUISA							Q-time: 02:49:23	
PB (25m pool): 02:49.23 Meulebeke 10/05/2026				PB (50m pool): 02:52.22 SB: 02:49.99 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		00:37.86		no time		no time		02:49.23
	00:37.86							
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 11:36	
Heat: 2/6 Lane : 1 Athlete: DUMORTIER ELISE							Q-time: 02:45:15	
PB (25m pool): 02:45.15 Brugge 04/10/2026				PB (50m pool): 02:49.47 SB: 02:45.15 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		00:35.46		01:18.17		02:06.54		02:45.15
	00:35.46		00:42.71		00:48.37		00:38.61	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 11:36	
Heat: 2/6 Lane : 8 Athlete: LEMAHIEU LIESE							Q-time: 02:45:17	
PB (25m pool): 02:45.35 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:45.17 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		00:37.65		01:22.39		02:07.23		02:45.35
	00:37.65		00:44.74		00:44.84		00:38.12	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:4, starttime: 11:42	
Heat: 4/6 Lane : 5 Athlete: SPILLEBEEN JUTTA							Q-time: 02:39:35	
PB (25m pool): 02:39.35 Brugge 04/10/2026				PB (50m pool): 02:43.97 SB: 02:39.35 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		00:33.47		01:15.68		02:02.34		02:39.35
	00:33.47		00:42.21		00:46.66		00:37.01	
								

Coach feedback:

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Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:4, starttime: 11:42	
Heat: 4/6 Lane : 7 Athlete: DECUPERE LAURENCE							Q-time: 02:40:30	
PB (25m pool): 02:40.30 Meulebeke 10/05/2026				PB (50m pool): 02:44.83 SB: 02:41.23 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		00:34.97		no time		no time		02:40.30
	00:34.97							
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:5, starttime: 11:46	
Heat: 5/6 Lane : 8 Athlete: ROMBAUT CÉLINE							Q-time: 02:37:82	
PB (25m pool): 02:37.82 Brugge 04/10/2026				PB (50m pool): 02:40.68 SB: 02:37.82 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		00:34.72		01:16.94		02:01.12		02:37.82
	00:34.72		00:42.22		00:44.18		00:36.70	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:2, starttime: 11:56	
Heat: 2/6 Lane : 7 Athlete: OLSZEWSKI MAXIME							Q-time: 02:40:16	
PB (25m pool): 02:40.16 Meulebeke 10/05/2026				PB (50m pool): 02:46.15 SB: 02:42.35 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		00:36.59		no time		no time		02:40.16
	00:36.59							
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:4, starttime: 12:02	
Heat: 4/6 Lane : 1 Athlete: VANNESTE DAAN							Q-time: 02:35:24	
PB (25m pool): 02:35.24 Ettelbruck 19/04/2026				PB (50m pool): 02:36.53SB: 02:36.73 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		00:32.42		01:13.81		01:58.98		02:35.24
	00:32.42		00:41.39		00:45.17		00:36.26	
								

Coach feedback:

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

Event number: 38: 200M MEDLEY MEN 13-14							Heat:4, starttime: 12:02	
Heat: 4/6 Lane : 6 Athlete: VANDEMAELE EGON							Q-time: 02:34:30	
PB (25m pool): 02:34.30 Brugge 04/10/2026				PB (50m pool): 02:36.84 SB: 02:34.30 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		00:33.94		01:12.72		01:59.20		02:34.30
	00:33.94		00:38.78		00:46.48		00:35.10	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:6, starttime: 12:08	
Heat: 6/6 Lane : 7 Athlete: PICEU SEPPE							Q-time: 02:24:64	
PB (25m pool): 02:23.20 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:28.48SB: 02:23.20 Sint-Amandsberg 18/10/2026				
	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		00:30.10		01:07.53		01:49.53		02:23.20
	00:30.10		00:37.43		00:42.00		00:33.67	
								

Coach feedback: