

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

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

Coaches: Van Renterghem Delphine HEADCOACH

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 : 3 Athlete: SCHRAM MILA					Q-time: 01:07:72
PB (25m pool): 01:07.72 Aachen 11/10/2026					PB (50m pool): 01:08.66 SB: 01:07.72 Aachen 11/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.24		01:07.72	
		00:32.24		00:35.48	
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:6, starttime: 08:41
Heat: 6/6 Lane : 2 Athlete: DE RUIJTER ELISE					Q-time: 01:09:14
PB (25m pool): 01:09.14 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:10.89 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.45		01:09.14	
		00:33.45		00:35.69	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:2, starttime: 08:45
Heat: 2/6 Lane : 4 Athlete: LAFAUT JEROME					Q-time: 01:06:02
PB (25m pool): 01:05.23 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:09.75 SB: 01:05.23 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.93		01:05.23	
		00:31.93		00:33.30	
					

Coach feedback:

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

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:3, starttime: 08:48
Heat: 3/6 Lane : 2 Athlete: LOEYS EWOUT					Q-time: 01:05:42
PB (25m pool): 01:05.42 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:07.48 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.02		01:05.42	
	00:32.02		00:33.40		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:6, starttime: 08:54
Heat: 6/6 Lane : 1 Athlete: DE DECKER TIBE					Q-time: 01:03:26
PB (25m pool): 01:03.26 Eeklo 06/04/2026					PB (50m pool): 01:04.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.14		01:03.26	
	00:30.14		00:33.12		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:4, starttime: 09:01
Heat: 4/8 Lane : 3 Athlete: VAN BEYLEN STELLA					Q-time: 01:04:75
PB (25m pool): 01:04.02 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:05.40 SB: 01:04.02 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.86		01:04.02	
	00:30.86		00:33.16		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:4, starttime: 09:01
Heat: 4/8 Lane : 8 Athlete: VANHAECKE JULIETTE					Q-time: 01:05:17
PB (25m pool): 01:03.61 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:06.95 SB: 01:03.61 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.07		01:03.61	
	00:30.07		00:33.54		
					

Coach feedback:

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

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:7, starttime: 09:05
Heat: 7/8 Lane : 2 Athlete: BLANCQUAERT CAMILLE					Q-time: 01:02:78
PB (25m pool): 01:02.78 Temse 21/12/2025					PB (50m pool): 01:03.87 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.33		01:02.78	
	00:30.33		00:32.45		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:07
Heat: 8/8 Lane : 6 Athlete: WAIGNEIN ROSIE					Q-time: 01:02:51
PB (25m pool): 01:02.51 EEKLO 04/10/2026					PB (50m pool): 01:04.95 SB: 01:02.51 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.02		01:02.51	
	00:30.02		00:32.49		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:2, starttime: 09:11
Heat: 2/7 Lane : 2 Athlete: TURPIJN JULES					Q-time: 01:04:57
PB (25m pool): 01:04.57 Eeklo 06/04/2026					PB (50m pool): 01:05.22 SB: 01:04.83 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.05		01:04.57	
	00:31.05		00:33.52		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:2, starttime: 09:11
Heat: 2/7 Lane : 4 Athlete: BOGAERTS SANDER					Q-time: 01:04:27
PB (25m pool): 01:03.49 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:04.27 SB: 01:03.49 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.96		01:03.49	
	00:30.96		00:32.53		
					

Coach feedback:

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

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:4, starttime: 09:14
Heat: 4/7 Lane : 8 Athlete: VANHULLE WILLEM					Q-time: 01:03:05
PB (25m pool): 01:02.29 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:04.55 SB: 01:02.29 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.42		01:02.29	
	00:30.42		00:31.87		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:5, starttime: 09:15
Heat: 5/7 Lane : 7 Athlete: HINDRYCKX MAURO					Q-time: 01:01:37
PB (25m pool): 01:00.90 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:02.33 SB: 01:00.90 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.38		01:00.90	
	00:29.38		00:31.52		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16				Heat:3, starttime: 09:22
Heat: 3/6 Lane : 1 Athlete: SCHRAM MILA				Q-time: 00:28:73
PB (25m pool): 00:27.85 Sint-Amandsberg 18/10/2026				PB (50m pool): 00:28.56 SB: 00:27.85 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M		
PB		00:27.85		
	00:27.85			
				

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16				Heat:3, starttime: 09:22
Heat: 3/6 Lane : 3 Athlete: DE RUIJTER ELISE				Q-time: 00:28:50
PB (25m pool): 00:28.50 Gent 23/02/2025				PB (50m pool): 00:28.81 SB: 00:28.98 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M		
PB		00:28.50		
	00:28.50			
				

Coach feedback:

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

Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:6, starttime: 09:25
Heat: 6/6 Lane : 7 Athlete: VAN HERPE MILLY			Q-time: 00:28:00
PB (25m pool): 00:27.94 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:28.00 SB: 00:27.94 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	
PB		00:27.94	
	00:27.94		
			

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16			Heat:3, starttime: 09:29
Heat: 3/6 Lane : 4 Athlete: DE DECKER TIBE			Q-time: 00:26:25
PB (25m pool): 00:26.25 EEKLO 04/10/2026			PB (50m pool): 00:27.37 SB: 00:26.25 EEKLO 04/10/2026
	2 5 M	5 0 M	
PB		00:26.25	
	00:26.25		
			

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16			Heat:3, starttime: 09:29
Heat: 3/6 Lane : 8 Athlete: LOEYS EWOUT			Q-time: 00:26:67
PB (25m pool): 00:26.47 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:26.67 SB: 00:26.47 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	
PB		00:26.47	
	00:26.47		
			

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16			Heat:4, starttime: 09:30
Heat: 4/6 Lane : 6 Athlete: LAFAUT JEROME			Q-time: 00:25:57
PB (25m pool): 00:27.48 Sint-Amandsberg 27/10/2024			PB (50m pool): 00:25.57 SB: no time
	2 5 M	5 0 M	
PB		00:27.48	
	00:27.48		
			

Coach feedback:

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

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:7, starttime: 09:54	
Heat: 7/10 Lane : 4 Athlete: VANDER HOOGERSTRAETE NORA							Q-time: 02:47:49	
PB (25m pool): 02:45.37 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:47.49 SB: 02:45.37 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		00:37.37		01:18.40		02:06.55		02:45.37
	00:37.37		00:41.03		00:48.15		00:38.82	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:3, starttime: 10:15	
Heat: 3/10 Lane : 5 Athlete: VERNIERS ROBIN							Q-time: 02:58:04	
PB (25m pool): 02:58.04 Temse 31/05/2026			PB (50m pool): 03:20.70SB: 03:01.06 EEKLO 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		00:38.49		01:23.89		02:16.80		02:58.04
	00:38.49		00:45.40		00:52.91		00:41.24	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:6, starttime: 10:25	
Heat: 6/10 Lane : 2 Athlete: VAN DEN BRANDEN CAMIEL							Q-time: 02:50:99	
PB (25m pool): 02:50.99 EEKLO 04/10/2026				PB (50m pool): 02:55.35 SB: 02:50.99 EEKLO 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		00:36.60		no time		no time		02:50.99
	00:36.60							
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:7, starttime: 10:28	
Heat: 7/10 Lane : 2 Athlete: WANNEYN LOUIS							Q-time: 02:48:33	
PB (25m pool): 02:42.21 Sint-Amandsberg 18/10/2026				PB (50m pool): no time SB: 02:42.21 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		00:36.17		01:15.45		02:05.69		02:42.21
	00:36.17		00:39.28		00:50.24		00:36.52	
								

Coach feedback:

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

Event number: 32: 200M MEDLEY MEN 11-12							Heat:9, starttime: 10:35	
Heat: 9/10 Lane : 5 Athlete: TEIRLINCK TIGO							Q-time: 02:39:35	
PB (25m pool): 02:33.84 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:39.35 SB: 02:33.84 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		00:34.64		01:13.42		01:58.69		02:33.84
	00:34.64		00:38.78		00:45.27		00:35.15	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:10, starttime: 10:38	
Heat: 10/10 Lane : 7 Athlete: DE VREESE SEPPE							Q-time: 02:36:77	
PB (25m pool): 02:38.78 Temse 17/11/2025				PB (50m pool): 02:36.77 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		00:36.40		01:17.30		02:02.73		02:38.78
	00:36.40		00:40.90		00:45.43		00:36.05	
								

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14							Heat:2, starttime: 10:43		
Heat: 2/3 Lane : 1 Athlete: WAIGNEIN ROSIE							Q-time: 00:37:97		
PB (25m pool): 00:37.97 EEKLO 04/10/2026				PB (50m pool): 00:38.99SB: 00:37.97 EEKLO 04/10/2026					
	2 5 M		5 0 M						
PB			00:37.97						
			00:37.97						
									

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14							Heat:2, starttime: 10:43	
Heat: 2/3 Lane : 4 Athlete: VAN DER PLAS LOTTE							Q-time: 00:36:46	
PB (25m pool): 00:36.06 Sint-Amandsberg 18/10/2026				PB (50m pool): 00:38.01 SB: 00:36.06 Sint-Amandsberg 18/10/2026				
PB	2 5 M		5 0 M					
			00:36.06					
			00:36.06					
								

Coach feedback:

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

Event number: 33: 50M BREASTSTROKE WOMEN 13-14						Heat:2, starttime: 10:43	
Heat: 2/3 Lane : 7 Athlete: POTIER JOLIE						Q-time: 00:37:48	
PB (25m pool): 00:36.96 Sint-Amandsberg 18/10/2026						PB (50m pool): 00:39.32 SB: 00:36.96 Sint-Amandsberg 18/10/2026	
	2 5 M		5 0 M				
PB			00:36.96				
	00:36.96						
							

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14						Heat:2, starttime: 10:47	
Heat: 2/4 Lane : 2 Athlete: HINDRYCKX MAURO						Q-time: 00:35:87	
PB (25m pool): 00:42.28 Nijlen 16/11/2025						PB (50m pool): 00:39.12 SB: no time	
	2 5 M		5 0 M				
PB			00:42.28				
	00:42.28						
							

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16					Heat:2, starttime: 10:56			
Heat: 2/4 Lane : 7 Athlete: VAN HERPE MILLY					Q-time: 04:50:01			
PB (25m pool): 04:50.01 Aachen 11/10/2026					PB (50m pool): 04:50.48 SB: 04:50.01 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		00:33.79		01:09.89		01:46.22		02:22.97
	00:33.79		00:36.10		00:36.33		00:36.75	
								
	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		03:00.05		03:37.67		04:15.47		04:50.01
	00:37.08		00:37.62		00:37.80		00:34.54	
								

Coach feedback:

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

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:4, starttime: 11:07	
Heat: 4/4 Lane : 8 Athlete: DE DECKER FEBE							Q-time: 04:38:70	
PB (25m pool): 04:38.70 EEKLO 04/10/2026				PB (50m pool): 04:46.31 SB: 04:38.70 EEKLO 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		no time		01:04.90		no time		02:14.84
	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		04:38.70
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 11:36	
Heat: 2/6 Lane : 7 Athlete: POTIER JOLIE							Q-time: 02:45:02	
PB (25m pool): 02:45.02 EEKLO 04/10/2026				PB (50m pool): 02:48.24 SB: 02:45.02 EEKLO 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		00:34.74		no time		no time		02:45.02
	00:34.74							
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:4, starttime: 11:42	
Heat: 4/6 Lane : 4 Athlete: VAN BEYLEN STELLA							Q-time: 02:39:01	
PB (25m pool): 02:38.17 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:42.74 SB: 02:38.17 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		00:33.53		01:14.00		02:02.98		02:38.17
	00:33.53		00:40.47		00:48.98		00:35.19	
								

Coach feedback:

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

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:6, starttime: 11:49	
Heat: 6/6 Lane : 6 Athlete: DE VREESE JULIE							Q-time: 02:30:10	
PB (25m pool): 02:30.10 Temse 17/11/2025				PB (50m pool): 02:33.79 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		00:33.69		01:12.02		01:56.27		02:30.10
	00:33.69		00:38.33		00:44.25		00:33.83	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:2, starttime: 11:56	
Heat: 2/6 Lane : 2 Athlete: TURPIJN JULES							Q-time: 02:40:05	
PB (25m pool): 02:40.05 Eeklo 06/04/2026				PB (50m pool): 02:42.92 SB: 02:40.22 EEKLO 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		00:35.41		no time		no time		02:40.05
	00:35.41							
								

Coach feedback: