

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

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

Coaches: Ryckeman Brian

Coaches: Taveirne Bea HEADCOACH

Coaches: Valcke Rik

Coaches: Vercooren cheyenne

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:5, starttime: 08:39
Heat: 5/6 Lane : 3 Athlete: DEPAEPE ELIZE					Q-time: 01:06:60
PB (25m pool): 01:06.60 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:07.47 SB: 01:07.52 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:06.60	
	no time				
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:5, starttime: 08:39
Heat: 5/6 Lane : 4 Athlete: CLAEYS DITTE					Q-time: 01:04:64
PB (25m pool): 01:04.64 Brugge 04/10/2026					PB (50m pool): 01:07.82 SB: 01:04.64 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.88		01:04.64	
	00:30.88 00:33.76				
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:7, starttime: 09:05
Heat: 7/8 Lane : 6 Athlete: DEVUYST OONA					Q-time: 01:02:54
PB (25m pool): 01:02.54 Zwevegem 31/05/2026					PB (50m pool): 01:03.50 SB: 01:03.98 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.72		01:02.54	
	00:29.72 00:32.82				
					

Coach feedback:

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Event number: 29: 50M FREESTYLE WOMEN 15-16							Heat:4, starttime: 09:23	
Heat: 4/6 Lane : 2 Athlete: CLAEYS DITTE							Q-time: 00:27:82	
PB (25m pool): 00:27.21 Sint-Amandsberg 27/10/2024							PB (50m pool): 00:27.98 SB: 00:27.66 Waregem 26/09/2026	
	2 5 M		5 0 M					
PB			00:27.21					
	00:27.21							
								

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16							Heat:5, starttime: 09:24		
Heat: 5/6 Lane : 8 Athlete: DEPAEPE ELIZE							Q-time: 00:28:38		
PB (25m pool): 00:28.38 Brugge 04/10/2026							PB (50m pool): 00:29.18 SB: 00:28.38 Brugge 04/10/2026		
	2 5 M		5 0 M						
PB			00:28.38						
	00:28.38								
									

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12						Heat:5, starttime: 09:47		
Heat: 5/10 Lane : 5 Athlete: ANTIERENS LOUISE						Q-time: 02:52:89		
PB (25m pool): 02:52.89 Menen 01/05/2026						PB (50m pool): 02:58.63 SB: 02:54.20 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		00:39.56		no time		no time		02:52.89
	00:39.56							
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12						Heat:9, starttime: 10:00		
Heat: 9/10 Lane : 6 Athlete: CANNIERE ERIN						Q-time: 02:44:06		
PB (25m pool): 02:44.06 Brugge 04/10/2026						PB (50m pool): 02:48.40 SB: 02:44.06 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		00:36.32		01:17.19		02:05.12		02:44.06
	00:36.32		00:40.87		00:47.93		00:38.94	
								

Coach feedback:

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Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:10, starttime: 10:04	
Heat: 10/10 Lane : 1 Athlete: RYCKEMAN ELLA							Q-time: 02:41:74	
PB (25m pool): 02:41.74 Brugge 04/10/2026				PB (50m pool): 02:43.74 SB: 02:41.74 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		00:33.68		01:13.02		02:03.77		02:41.74
	00:33.68		00:39.34		00:50.75		00:37.97	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:4, starttime: 10:18	
Heat: 4/10 Lane : 7 Athlete: FERKET AIDAN							Q-time: 02:56:17	
PB (25m pool): 02:56.17 Brugge 04/10/2026				PB (50m pool): 03:06.44 SB: 02:56.17 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		00:39.57		01:23.33		02:18.52		02:56.17
	00:39.57		00:43.76		00:55.19		00:37.65	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:7, starttime: 10:28	
Heat: 7/10 Lane : 5 Athlete: LAFORCE LANDER							Q-time: 02:47:87	
PB (25m pool): 02:47.87 Brugge 04/10/2026				PB (50m pool): 02:54.38SB: 02:47.87 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		00:35.91		01:17.47		02:11.22		02:47.87
	00:35.91		00:41.56		00:53.75		00:36.65	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:9, starttime: 10:35	
Heat: 9/10 Lane : 8 Athlete: STAELENS TYLER							Q-time: 02:42:41	
PB (25m pool): 02:42.41 Brugge 04/10/2026				PB (50m pool): 02:48.05 SB: 02:42.41 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		00:34.51		01:15.69		02:07.22		02:42.41
	00:34.51		00:41.18		00:51.53		00:35.19	
								

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:10, starttime: 10:38	
Heat: 10/10 Lane : 2 Athlete: DAUWE LARS							Q-time: 02:35:54	
PB (25m pool): 02:35.54 Brugge 04/10/2026				PB (50m pool): 02:39.83 SB: 02:35.54 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		00:35.02		01:14.17		01:59.51		02:35.54
	00:35.02		00:39.15		00:45.34		00:36.03	
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:2, starttime: 11:18	
Heat: 2/4 Lane : 4 Athlete: QUARTIER MATISSE							Q-time: 04:23:89	
PB (25m pool): 04:23.89 Brugge 04/10/2026				PB (50m pool): 04:28.66SB: 04:23.89 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		00:29.02		01:01.78		01:35.10		02:09.16
	00:29.02		00:32.76		00:33.32		00:34.06	
								
	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		02:42.90		03:17.50		03:51.67		04:23.89
	00:33.74		00:34.60		00:34.17		00:32.22	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:3, starttime: 11:59	
Heat: 3/6 Lane : 3 Athlete: VANDEVIJVERE LARS							Q-time: 02:35:87	
PB (25m pool): 02:52.31 Diksmuide 12/10/2025				PB (50m pool): 02:35.87 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		00:39.51		01:22.36		02:14.48		02:52.31
	00:39.51		00:42.85		00:52.12		00:37.83	
								

Coach feedback:

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Event number: 38: 200M MEDLEY MEN 13-14							Heat:5, starttime: 12:05	
Heat: 5/6 Lane : 6 Athlete: DEVOS MATHIS							Q-time: 02:30:93	
PB (25m pool): 02:30.93 LAGO Zwevegem 25/05/2026 PB (50m pool): 02:34.28 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		00:33.20		01:11.06		01:56.36		02:30.93
	00:33.20		00:37.86		00:45.30		00:34.57	
								

Coach feedback: