

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

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

Coaches: Wibaut Annouck HEADCOACH

Coaches: Vandorpe Aaron

Coaches: Vandepoorte Pauline

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 : 2 Athlete: MALFAIT LIZANNA (LIZI)					Q-time: 01:09:40
PB (25m pool): 01:09.40 Mons 27/06/2026					PB (50m pool): 01:11.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.50		01:09.40	
	00:33.50		00:35.90		
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:4, starttime: 08:37
Heat: 4/6 Lane : 5 Athlete: BEIJNSBERGER MARE					Q-time: 01:05:84
PB (25m pool): 01:04.69 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:05.84 SB: 01:04.69 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.55		01:04.69	
	00:31.55		00:33.14		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:5, starttime: 09:15
Heat: 5/7 Lane : 3 Athlete: VAN DAELE NAND					Q-time: 00:59:89
PB (25m pool): 00:59.89 EEKLO 04/10/2026					PB (50m pool): 01:00.68 SB: 00:59.89 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.13		00:59.89	
	00:28.13		00:31.76		
					

Coach feedback:

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Event number: 29: 50M FREESTYLE WOMEN 15-16							Heat:6, starttime: 09:25	
Heat: 6/6 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI)							Q-time: 00:27:59	
PB (25m pool): 00:27.59 Mons 27/06/2026							PB (50m pool): 00:28.33 SB: no time	
	2 5 M		5 0 M					
PB			00:27.59					
			00:27.59					
								

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16							Heat:6, starttime: 09:25		
Heat: 6/6 Lane : 3 Athlete: BEIJNSBERGER MARE							Q-time: 00:27:12		
PB (25m pool): 00:26.68 Sint-Amandsberg 18/10/2026							PB (50m pool): 00:27.21SB: 00:26.68 Sint-Amandsberg 18/10/2026		
	2 5 M		5 0 M						
PB			00:26.68						
			00:26.68						
									

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:5, starttime: 09:47	
Heat: 5/10 Lane : 8 Athlete: TABARY OCTAVIE							Q-time: 02:54:25	
PB (25m pool): 02:54.25 EEKLO 04/10/2026				PB (50m pool): 03:07.94SB: 02:54.25 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		00:36.46		no time		no time		02:54.25
	00:36.46							
								

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14							Heat:4, starttime: 10:49		
Heat: 4/4 Lane : 2 Athlete: VAN DAELE NAND							Q-time: 00:33:57		
PB (25m pool): 00:32.70 Sint-Amandsberg 18/10/2026							PB (50m pool): 00:35.11 SB: 00:32.70 Sint-Amandsberg 18/10/2026		
PB	2 5 M		5 0 M						
			00:32.70						
			00:32.70						
									

Coach feedback:

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Event number: 38: 200M MEDLEY MEN 13-14							Heat:4, starttime: 12:02	
Heat: 4/6 Lane : 4 Athlete: DE VLIAGER ELIOTT							Q-time: 02:33:18	
PB (25m pool): 02:33.18 EEKLO 04/10/2026				PB (50m pool): 02:34.38 SB: 02:33.18 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		00:34.01		no time		no time		02:33.18
	00:34.01							
								

Coach feedback: