

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

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

Coaches: Lejeune Melanie

Coaches: Lejeune Yves HEADCOACH

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:2, starttime: 08:32
Heat: 2/6 Lane : 6 Athlete: EL MARGOUM INES					Q-time: 01:12:70
PB (25m pool): 01:12.70 Leuven 04/10/2026					PB (50m pool): no time SB: 01:12.70 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.50		01:12.70	
	00:35.50		00:37.20		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:3, starttime: 08:48
Heat: 3/6 Lane : 4 Athlete: LASCARACHE CHRISTIAN					Q-time: 01:04:32
PB (25m pool): 01:04.32 Leuven 04/10/2026					PB (50m pool): 01:09.97 SB: 01:04.32 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.97		01:04.32	
	00:30.97		00:33.35		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:6, starttime: 09:04
Heat: 6/8 Lane : 2 Athlete: MASAITE MILDA					Q-time: 01:02:81
PB (25m pool): 01:02.81 Leuven 04/10/2026					PB (50m pool): 01:03.82 SB: 01:02.81 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.17		01:02.81	
	00:30.17		00:32.64		
					

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14					Heat:1, starttime: 09:09
Heat: 1/7 Lane : 5 Athlete: WAUTERS SACHA					Q-time: 01:04:92
PB (25m pool): 01:04.92 ARRAS 29/12/2025					PB (50m pool): 01:05.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.97		01:04.92	
	00:30.97		00:33.95		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:2, starttime: 09:22
Heat: 2/6 Lane : 6 Athlete: EL MARGOUM INES					Q-time: 00:28:93
PB (25m pool): 00:28.93 Leuven 04/10/2026					PB (50m pool): 00:29.82 SB: 00:28.93 Leuven 04/10/2026
	2 5 M	5 0 M			
PB		00:28.93			
	00:28.93				
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:6, starttime: 09:32
Heat: 6/6 Lane : 2 Athlete: LASCARACHE CHRISTIAN					Q-time: 00:25:63
PB (25m pool): 00:25.63 Leuven 04/10/2026					PB (50m pool): 00:26.60 SB: 00:25.63 Leuven 04/10/2026
	2 5 M	5 0 M			
PB		00:25.63			
	00:25.63				
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:6, starttime: 09:32
Heat: 6/6 Lane : 6 Athlete: VAN SINTEJAN ROMAIN					Q-time: 00:25:27
PB (25m pool): 00:25.27 Mons 26/10/2025					PB (50m pool): 00:25.74 SB: 00:25.67 Leuven 04/10/2026
	2 5 M	5 0 M			
PB		00:25.27			
	00:25.27				
					

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:5, starttime: 10:22	
Heat: 5/10 Lane : 3 Athlete: GRELLIER OSCAR							Q-time: 02:53:30	
PB (25m pool): 02:53.30 Leuven 04/10/2026				PB (50m pool): 02:55.77 SB: 02:53.30 Leuven 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		00:37.18		01:22.14		02:13.85		02:53.30
	00:37.18		00:44.96		00:51.71		00:39.45	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:10, starttime: 10:38	
Heat: 10/10 Lane : 3 Athlete: BEUSELINCK LIAM							Q-time: 02:35:03	
PB (25m pool): 02:35.97 Vilvoorde 26/04/2026				PB (50m pool): 02:35.03SB: 02:36.84 Leuven 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		00:33.72		no time		no time		02:35.97
	00:33.72							
								

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:4, starttime: 11:07	
Heat: 4/4 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 04:20:53	
PB (25m pool): 04:20.53 Gent 09/11/2025				PB (50m pool): 04:30.96SB: 04:25.83 Leuven 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		00:30.32		01:03.28		01:36.80		02:10.50
	00:30.32		00:32.96		00:33.52		00:33.70	
								
	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		02:44.14		03:17.50		03:50.07		04:20.53
	00:33.64		00:33.36		00:32.57		00:30.46	
								

Coach feedback: