

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

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

Coaches: Bogaerts Michel

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 : 1 Athlete: MAASKANT KRISTINA |           |           |           |           | Q-time: 01:10:19                                       |
| PB (25m pool): 01:10.53 Overijse 29/11/2025   |           |           |           |           | PB (50m pool): 01:10.19 SB: 01:11.05 Leuven 04/10/2026 |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                            |           | 00:34.24  |           | 01:10.53  |                                                        |
|                                               |           | 00:34.24  |           | 00:36.29  |                                                        |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 26: 100M BACKSTROKE MEN 15-16 |           |           |           |           | Heat:3, starttime: 08:48                               |
|---------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 3/6 Lane : 5 Athlete: SONUMUT ARMAN   |           |           |           |           | Q-time: 01:04:53                                       |
| PB (25m pool): 01:04.53 Leuven 12/10/2025   |           |           |           |           | PB (50m pool): 01:06.06 SB: 01:04.95 Leuven 04/10/2026 |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                          |           | 00:31.56  |           | 01:04.53  |                                                        |
|                                             |           | 00:31.56  |           | 00:32.97  |                                                        |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 29: 50M FREESTYLE WOMEN 15-16   |           |           |  |  | Heat:5, starttime: 09:24            |
|-----------------------------------------------|-----------|-----------|--|--|-------------------------------------|
| Heat: 5/6 Lane : 2 Athlete: MAASKANT KRISTINA |           |           |  |  | Q-time: 00:27:64                    |
| PB (25m pool): 00:27.64 Overijse 29/11/2025   |           |           |  |  | PB (50m pool): 00:28.07 SB: no time |
|                                               | 2 5 M     | 5 0 M     |  |  |                                     |
| PB                                            |           | 00:27.64  |  |  |                                     |
|                                               |           | 00:27.64  |  |  |                                     |
|                                               | . . . . . | . . . . . |  |  |                                     |

Coach feedback:

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| Event number: 30: 50M FREESTYLE MEN 15-16       |           |  |           |  |  |  |  |  |  | Heat:5, starttime: 09:31                                     |  |
|-------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|--------------------------------------------------------------|--|
| Heat: 5/6    Lane : 6    Athlete: SONUMUT ARMAN |           |  |           |  |  |  |  |  |  | Q-time: 00:25:36                                             |  |
| PB (25m pool): 00:25.36    Leuven    04/10/2026 |           |  |           |  |  |  |  |  |  | PB (50m pool): 00:26.82 SB: 00:25.36    Leuven    04/10/2026 |  |
|                                                 | 2 5 M     |  | 5 0 M     |  |  |  |  |  |  |                                                              |  |
| PB                                              |           |  | 00:25.36  |  |  |  |  |  |  |                                                              |  |
|                                                 |           |  | 00:25.36  |  |  |  |  |  |  |                                                              |  |
|                                                 | . . . . . |  | . . . . . |  |  |  |  |  |  |                                                              |  |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12       |           |           |                                                              |           |           | Heat:2, starttime: 09:37 |           |           |
|-------------------------------------------------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|-----------|
| Heat: 2/10    Lane : 5    Athlete: WEGENER LENA |           |           |                                                              |           |           | Q-time: 02:58:24         |           |           |
| PB (25m pool): 02:58.24    Leuven    04/10/2026 |           |           | PB (50m pool): 02:59.35 SB: 02:58.24    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                                              |           | 00:40.90  |                                                              | 01:23.52  |           | 02:16.76                 |           | 02:58.24  |
|                                                 | 00:40.90  |           | 00:42.62                                                     |           | 00:53.24  |                          | 00:41.48  |           |
|                                                 | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . | . . . . . |

Coach feedback:

| Event number: 32: 200M MEDLEY MEN 11-12          |          |          |          |                                                              |          |          | Heat:7, starttime: 10:28 |          |
|--------------------------------------------------|----------|----------|----------|--------------------------------------------------------------|----------|----------|--------------------------|----------|
| Heat: 7/10    Lane : 3    Athlete: NABIULLIN MAX |          |          |          |                                                              |          |          | Q-time: 02:48:00         |          |
| PB (25m pool): 02:48.00    Leuven    04/10/2026  |          |          |          | PB (50m pool): 02:54.30 SB: 02:48.00    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                                               |          | 00:35.67 |          | 01:20.26                                                     |          | 02:09.88 |                          | 02:48.00 |
|                                                  | 00:35.67 |          | 00:44.59 |                                                              | 00:49.62 |          | 00:38.12                 |          |
|                                                  | .....    | .....    | .....    | .....                                                        | .....    | .....    | .....                    | .....    |

Coach feedback:

| Event number: 32: 200M MEDLEY MEN 11-12                   |          |          |       |                                                              |       |         | Heat:8, starttime: 10:32 |          |
|-----------------------------------------------------------|----------|----------|-------|--------------------------------------------------------------|-------|---------|--------------------------|----------|
| Heat: 8/10    Lane : 6    Athlete: NABIULLIN TIM          |          |          |       |                                                              |       |         | Q-time: 02:46:13         |          |
| PB (25m pool): 02:46.13    Zwembad De Motte    20/06/2026 |          |          |       | PB (50m pool): 02:50.78 SB: 02:46.46    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                                                        |          | 00:37.09 |       | no time                                                      |       | no time |                          | 02:46.13 |
|                                                           | 00:37.09 |          |       |                                                              |       |         |                          |          |
|                                                           | .....    | .....    | ..... | .....                                                        | ..... | .....   | .....                    | .....    |

Coach feedback: