

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

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

Coaches: Wouters Maxim 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 : 7 Athlete: JANSSENS ELISABETH					Q-time: 01:09:81
PB (25m pool): 01:09.81 Herentals 09/05/2026					PB (50m pool): 01:12.53SB: 01:11.46 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.68		01:09.81	
	00:33.68		00:36.13		
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:6, starttime: 08:41
Heat: 6/6 Lane : 6 Athlete: MERTENS FEMKE					Q-time: 01:08:39
PB (25m pool): 01:07.55 Nijlen 18/10/2026					PB (50m pool): 01:10.39SB: 01:07.55 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.06		01:07.55	
	00:33.06		00:34.49		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:2, starttime: 08:58
Heat: 2/8 Lane : 2 Athlete: VAN LOMMEL ANTHE					Q-time: 01:06:86
PB (25m pool): 01:06.54 Nijlen 18/10/2026					PB (50m pool): 01:09.00SB: 01:06.54 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.88		01:06.54	
	00:31.88		00:34.66		
					

Coach feedback:

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Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:7, starttime: 09:05
Heat: 7/8 Lane : 3 Athlete: BIERINCKX MIE					Q-time: 01:01:77
PB (25m pool): 01:01.77 Mol 28/12/2025					PB (50m pool): 01:03.38 SB: 01:03.04 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.40		01:01.77	
	00:29.40		00:32.37		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:1, starttime: 09:20
Heat: 1/6 Lane : 7 Athlete: JANSSENS ELISABETH					Q-time: 00:29:59
PB (25m pool): 00:29.66 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 00:29.59 SB: no time
	2 5 M	5 0 M			
PB		00:29.66			
	00:29.66				
					

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12						Heat:10, starttime: 10:38		
Heat: 10/10 Lane : 8 Athlete: MERTENS DIETER						Q-time: 02:38:33		
PB (25m pool): 02:38.33 Mol 04/10/2026						PB (50m pool): 02:38.58 SB: 02:38.33 Mol 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		00:35.09		01:16.34		02:03.41		02:38.33
	00:35.09		00:41.25		00:47.07		00:34.92	
								

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14										Heat:1, starttime: 10:42	
Heat: 1/3 Lane : 4 Athlete: VAN LOMMEL ANTHE										Q-time: 00:38:28	
PB (25m pool): 00:38.28 Mol 04/10/2026										PB (50m pool): 00:41.94 SB: 00:38.28 Mol 04/10/2026	
	2 5 M		5 0 M								
PB			00:38.28								
			00:38.28								
											

Coach feedback:

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Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:2, starttime: 10:56	
Heat: 2/4 Lane : 6 Athlete: BELLENS LORE							Q-time: 04:49:92	
PB (25m pool): 04:49.92 Herentals 10/10/2026				PB (50m pool): 05:16.68SB: 04:49.92 Herentals 10/10/2026				
	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		00:32.31		01:08.53		01:45.76		02:22.96
	00:32.31		00:36.22		00:37.23		00:37.20	
								
	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		03:00.12		03:37.66		04:15.24		04:49.92
	00:37.16		00:37.54		00:37.58		00:34.68	
								

Coach feedback: