

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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 : 5 Athlete: DE BRABANDER CELESTE				Q-time: 01:12:21
PB (25m pool): 01:12.21 EEKLO 04/10/2026				PB (50m pool): 01:17.17 SB: 01:12.21 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:34.53		01:12.21
	00:34.53		00:37.68	
				

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16 Heat:2, starttime: 08:45

Heat: 2/6 Lane : 3 Athlete: VAN HOEY BILLIET RAPHAËL				Q-time: 01:06:59
PB (25m pool): 01:04.79 Sint-Amandsberg 18/10/2026				PB (50m pool): 01:10.40 SB: 01:04.79 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:31.89		01:04.79
	00:31.89		00:32.90	
				

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14 Heat:4, starttime: 09:01

Heat: 4/8 Lane : 5 Athlete: LAMMENS ALIX				Q-time: 01:04:64
PB (25m pool): 01:03.53 Sint-Amandsberg 18/10/2026				PB (50m pool): 01:05.83 SB: 01:03.53 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:30.51		01:03.53
	00:30.51		00:33.02	
				

Coach feedback:

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Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:4, starttime: 09:01
Heat: 4/8 Lane : 6 Athlete: DE SMET AMÉLIE					Q-time: 01:04:86
PB (25m pool): 01:04.86 EEKLO 04/10/2026			PB (50m pool): 01:08.08 SB: 01:04.86 EEKLO 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.23		01:04.86	
	00:31.23		00:33.63		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:6, starttime: 09:17
Heat: 6/7 Lane : 8 Athlete: ROGIERS LOUIS					Q-time: 01:02:29
PB (25m pool): 01:02.29 EEKLO 04/10/2026			PB (50m pool): 01:03.37 SB: 01:02.29 EEKLO 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.95		01:02.29	
	00:29.95		00:32.34		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:6, starttime: 09:25
Heat: 6/6 Lane : 8 Athlete: WULLAERT FIEN					Q-time: 00:28:34
PB (25m pool): 00:28.31 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:28.98 SB: 00:28.31 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M			
PB		00:28.31			
	00:28.31				
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:2, starttime: 09:28
Heat: 2/6 Lane : 3 Athlete: VAN HOEY BILLIET RAPHAËL					Q-time: 00:26:83
PB (25m pool): 00:25.81 Sint-Amandsberg 18/10/2026			PB (50m pool): 00:27.61 SB: 00:25.81 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M			
PB		00:25.81			
	00:25.81				
					

Coach feedback:

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Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:2, starttime: 09:37	
Heat: 2/10 Lane : 3 Athlete: WULLAERT LIESE							Q-time: 02:58:42	
PB (25m pool): 02:58.42 EEKLO 04/10/2026				PB (50m pool): 02:59.06SB: 02:58.42 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		00:39.94		no time		no time		02:58.42
	00:39.94							
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:5, starttime: 09:47	
Heat: 5/10 Lane : 3 Athlete: JANSSENS STERRE							Q-time: 02:53:06	
PB (25m pool): 02:52.94 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:53.06SB: 02:52.94 Sint-Amandsberg 18/10/2026				
	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		00:37.78		01:21.95		02:14.83		02:52.94
	00:37.78		00:44.17		00:52.88		00:38.11	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:5, starttime: 09:47	
Heat: 5/10 Lane : 4 Athlete: VAN DE VYVERE LENA							Q-time: 02:52:89	
PB (25m pool): 02:52.89 EEKLO 04/10/2026				PB (50m pool): 03:04.24SB: 02:52.89 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		00:37.56		no time		no time		02:52.89
	00:37.56							
								

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14							Heat:4, starttime: 10:49		
Heat: 4/4 Lane : 3 Athlete: VAN GOETHEM ARTHUR							Q-time: 00:32:97		
PB (25m pool): 00:32.35 Sint-Amandsberg 18/10/2026				PB (50m pool): 00:35.16SB: 00:32.35 Sint-Amandsberg 18/10/2026					
	2 5 M		5 0 M						
PB			00:32.35						
			00:32.35						
									

Coach feedback:

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Event number: 36: 400M FREESTYLE MEN 15-16							Heat:3, starttime: 11:23	
Heat: 3/4 Lane : 7 Athlete: BOURDIAUDHY THIBAU							Q-time: 04:19:40	
PB (25m pool): 04:19.40 Sportoase De Watermolen 21/07/2026 PB (50m pool): 04:38.83SB: 04:23.82 EEKLO 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		00:29.25		01:01.77		01:35.19		02:08.84
	00:29.25		00:32.52		00:33.42		00:33.65	
								
	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		02:42.13		03:15.80		03:48.42		04:19.40
	00:33.29		00:33.67		00:32.62		00:30.98	
								

Coach feedback: