

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

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

Coaches: Iannino David HEADCOACH

Coaches: Januarius Elke

Coaches: Januarius Bart

Coaches: Leemans Mats

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

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:02
Heat: 5/8 Lane : 3 Athlete: DHONDT ANNELIEN					Q-time: 01:04:23
PB (25m pool): 01:04.23 Leuven 04/10/2026					PB (50m pool): 01:05.02 SB: 01:04.23 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.34		01:04.23	
	00:30.34		00:33.89		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:07
Heat: 8/8 Lane : 4 Athlete: IANNINO VALENTINA					Q-time: 00:57:57
PB (25m pool): 00:57.57 Leuven 04/10/2026					PB (50m pool): 00:59.26 SB: 00:57.57 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.00		00:57.57	
	00:28.00		00:29.57		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:6, starttime: 09:17
Heat: 6/7 Lane : 7 Athlete: VANDERGUCHT JONAS					Q-time: 01:01:34
PB (25m pool): 01:01.34 Leuven 04/10/2026					PB (50m pool): 01:03.01 SB: 01:01.34 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.43		01:01.34	
	00:29.43		00:31.91		
					

Coach feedback:

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Event number: 30: 50M FREESTYLE MEN 15-16							Heat:3, starttime: 09:29			
Heat: 3/6 Lane : 5 Athlete: BAS BRIEK							Q-time: 00:26:27			
PB (25m pool): 00:26.16 Sint-Pieters-Leeuw 18/10/2026				PB (50m pool): 00:27.65 SB: 00:26.16 Sint-Pieters-Leeuw 18/10/2026						
	2 5 M		5 0 M							
PB			00:26.16							
	00:26.16									
										

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:2, starttime: 09:37	
Heat: 2/10 Lane : 2 Athlete: MECHROUBI YASMINA							Q-time: 02:59:43	
PB (25m pool): 02:55.88 Sint-Pieters-Leeuw 18/10/2026				PB (50m pool): 03:01.32 SB: 02:55.88 Sint-Pieters-Leeuw 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		00:37.50		no time		no time		02:55.88
	00:37.50							
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:1, starttime: 10:07	
Heat: 1/10 Lane : 2 Athlete: HAAN ALEXANDER							Q-time: 03:10:06	
PB (25m pool): 03:04.55 Sint-Pieters-Leeuw 18/10/2026				PB (50m pool): 03:10.06 SB: 03:04.55 Sint-Pieters-Leeuw 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		00:41.16		no time		no time		03:04.55
	00:41.16							
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:2, starttime: 10:11	
Heat: 2/10 Lane : 5 Athlete: TIELEMANS WOLF							Q-time: 03:00:04	
PB (25m pool): 03:00.04 Leuven 04/10/2026				PB (50m pool): 03:03.44 SB: 03:00.04 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		00:39.16		01:24.05		02:20.23		03:00.04
	00:39.16		00:44.89		00:56.18		00:39.81	
								

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:6, starttime: 10:25	
Heat: 6/10 Lane : 6 Athlete: LOUCKX TIM							Q-time: 02:50:73	
PB (25m pool): 02:50.73 Aarschot 26/04/2026				PB (50m pool): 02:52.36 SB: no time				
	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		00:36.15		01:20.97		02:11.86		02:50.73
	00:36.15		00:44.82		00:50.89		00:38.87	
								

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14										Heat:2, starttime: 10:47	
Heat: 2/4 Lane : 5 Athlete: VANDERGUCHT JONAS										Q-time: 00:35:61	
PB (25m pool): 00:35.61 Tervuren 10/10/2026					PB (50m pool): 00:39.74 SB: 00:35.61 Tervuren 10/10/2026						
	2 5 M		5 0 M								
PB			00:35.61								
	00:35.61										
											

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14										Heat:4, starttime: 10:49	
Heat: 4/4 Lane : 1 Athlete: LESCRAUWAET MAX										Q-time: 00:33:76	
PB (25m pool): 00:33.76 Leuven 04/10/2026					PB (50m pool): 00:33.92 SB: 00:33.76 Leuven 04/10/2026						
	2 5 M		5 0 M								
PB			00:33.76								
			00:33.76								
											

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:1, starttime: 11:12	
Heat: 1/4 Lane : 2 Athlete: HALLET BRENT							Q-time: 04:38:37	
PB (25m pool): 04:38.37 LEUVEN 21/12/2025				PB (50m pool): 04:54.46 SB: 04:44.91 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		00:30.90		01:04.98		01:39.50		02:14.39
	00:30.90		00:34.08		00:34.52		00:34.89	
								
	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		02:49.92		03:25.47		04:01.93		04:38.37
	00:35.53		00:35.55		00:36.46		00:36.44	
								

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Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 11:36	
Heat: 2/6 Lane : 5 Athlete: DHONDT ANNELIEN							Q-time: 02:44:10	
PB (25m pool): 02:40.85 Sint-Pieters-Leeuw 18/10/2026				PB (50m pool): 02:45.39SB: 02:40.85 Sint-Pieters-Leeuw 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		00:33.34		no time		no time		02:40.85
	00:33.34							
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:6, starttime: 11:49	
Heat: 6/6 Lane : 3 Athlete: IANNINO VALENTINA							Q-time: 02:28:36	
PB (25m pool): 02:28.36 Leuven 04/10/2026				PB (50m pool): 02:38.86SB: 02:28.36 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		00:30.89		01:08.53		01:54.92		02:28.36
	00:30.89		00:37.64		00:46.39		00:33.44	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:2, starttime: 11:56	
Heat: 2/6 Lane : 8 Athlete: VANDERGUCHT JONAS							Q-time: 02:40:23	
PB (25m pool): 02:37.54 Sint-Pieters-Leeuw 18/10/2026				PB (50m pool): 02:40.23SB: 02:37.54 Sint-Pieters-Leeuw 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		00:34.01		no time		no time		02:37.54
	00:34.01							
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:4, starttime: 12:02	
Heat: 4/6 Lane : 5 Athlete: LESCRAUWAET MAX							Q-time: 02:33:68	
PB (25m pool): 02:33.68 Leuven 04/10/2026				PB (50m pool): 02:40.13SB: 02:33.68 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		00:35.61		01:14.00		01:56.50		02:33.68
	00:35.61		00:38.39		00:42.50		00:37.18	
								

Coach feedback: