

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

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

Coaches: Appeltans Ruth

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 : 4 Athlete: DAS LOUISE Q-time: 01:03:74

PB (25m pool): 01:03.74 Pelt 27/09/2026 PB (50m pool): 01:04.38 SB: 01:03.74 Pelt 27/09/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.30		01:03.74	
		00:30.30		00:33.44	
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12 Heat:2, starttime: 09:37

Heat: 2/10 Lane : 1 Athlete: DAS AMELIE Q-time: 03:00:26

PB (25m pool): 02:55.32 3500 Hasselt 18/10/2026 PB (50m pool): 03:04.07 SB: 02:55.32 3500 Hasselt 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		00:35.90		01:18.54		02:16.34		02:55.32
		00:35.90		00:42.64		00:57.80		00:38.98
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12 Heat:8, starttime: 10:32

Heat: 8/10 Lane : 1 Athlete: PIRARD DRIEK Q-time: 02:47:01

PB (25m pool): 02:47.01 Hasselt 04/10/2026 PB (50m pool): 02:51.05 SB: 02:47.01 Hasselt 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		00:36.69		01:20.63		02:10.58		02:47.01
		00:36.69		00:43.94		00:49.95		00:36.43
								

Coach feedback:

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Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:5, starttime: 11:46	
Heat: 5/6 Lane : 6 Athlete: DAS LOUISE							Q-time: 02:37:08	
PB (25m pool): 02:37.08 Temse 17/11/2025				PB (50m pool): 02:37.55 SB: 02:38.33 Hasselt 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		00:34.28		01:14.45		02:01.98		02:37.08
	00:34.28		00:40.17		00:47.53		00:35.10	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:5, starttime: 12:05	
Heat: 5/6 Lane : 4 Athlete: JAMAR KAMIEL							Q-time: 02:29:96	
PB (25m pool): 02:32.24 Pelt 27/09/2026				PB (50m pool): 02:29.96SB: 02:32.24 Pelt 27/09/2026				
	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		00:32.76		no time		no time		02:32.24
	00:32.76							
								

Coach feedback: