

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

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

Coaches: Herreman Kurt

Coaches: Horr  Milan

Coaches: Vansteenkiste Xavier HEADCOACH

PB => Personal Best time

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

| Event number: 26: 100M BACKSTROKE MEN 15-16  |           |           |           |           | Heat:1, starttime: 08:43            |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 1/6 Lane : 3 Athlete: LAMBERT LIAM     |           |           |           |           | Q-time: 01:10:46                    |
| PB (25m pool): 01:10.46 Diksmuide 12/10/2025 |           |           |           |           | PB (50m pool): 01:11.60 SB: no time |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                           |           | 00:34.25  |           | 01:10.46  |                                     |
|                                              |           | 00:34.25  |           | 00:36.21  |                                     |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 26: 100M BACKSTROKE MEN 15-16 |           |           |           |           | Heat:6, starttime: 08:54                               |
|---------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 6/6 Lane : 5 Athlete: PATTYN LOWIE    |           |           |           |           | Q-time: 00:59:08                                       |
| PB (25m pool): 00:59.08 Brugge 04/10/2026   |           |           |           |           | PB (50m pool): 01:03.29 SB: 00:59.08 Brugge 04/10/2026 |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                          |           | 00:28.92  |           | 00:59.08  |                                                        |
|                                             |           | 00:28.92  |           | 00:30.16  |                                                        |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 27: 100M FREESTYLE WOMEN 13-14 |           |           |           |           | Heat:6, starttime: 09:04                               |
|----------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 6/8 Lane : 1 Athlete: LAGACIE AXELLE   |           |           |           |           | Q-time: 01:03:52                                       |
| PB (25m pool): 01:03.52 Brugge 04/10/2026    |           |           |           |           | PB (50m pool): 01:04.72 SB: 01:03.52 Brugge 04/10/2026 |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                           |           | 00:31.22  |           | 01:03.52  |                                                        |
|                                              |           | 00:31.22  |           | 00:32.30  |                                                        |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

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|                                              |          |          |          |                                                        |  |
|----------------------------------------------|----------|----------|----------|--------------------------------------------------------|--|
| Event number: 27: 100M FREESTYLE WOMEN 13-14 |          |          |          | Heat:6, starttime: 09:04                               |  |
| Heat: 6/8 Lane : 7 Athlete: THIENPOND T NINA |          |          |          | Q-time: 01:03:43                                       |  |
| PB (25m pool): 01:03.43 Brugge 04/10/2026    |          |          |          | PB (50m pool): 01:04.15 SB: 01:03.43 Brugge 04/10/2026 |  |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                                |  |
| PB                                           |          | 00:30.80 |          | 01:03.43                                               |  |
|                                              | 00:30.80 |          | 00:32.63 |                                                        |  |
|                                              | .....    | .....    | .....    | .....                                                  |  |

Coach feedback:

|                                            |          |          |          |                                                        |  |
|--------------------------------------------|----------|----------|----------|--------------------------------------------------------|--|
| Event number: 28: 100M FREESTYLE MEN 13-14 |          |          |          | Heat:5, starttime: 09:15                               |  |
| Heat: 5/7 Lane : 6 Athlete: COENE TIELE    |          |          |          | Q-time: 01:00:61                                       |  |
| PB (25m pool): 01:00.61 Brugge 04/10/2026  |          |          |          | PB (50m pool): 01:02.83 SB: 01:00.61 Brugge 04/10/2026 |  |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                                |  |
| PB                                         |          | 00:29.15 |          | 01:00.61                                               |  |
|                                            | 00:29.15 |          | 00:31.46 |                                                        |  |
|                                            | .....    | .....    | .....    | .....                                                  |  |

Coach feedback:

|                                                  |          |          |          |                                                        |  |
|--------------------------------------------------|----------|----------|----------|--------------------------------------------------------|--|
| Event number: 28: 100M FREESTYLE MEN 13-14       |          |          |          | Heat:7, starttime: 09:18                               |  |
| Heat: 7/7 Lane : 4 Athlete: VANSTEENKISTE VICTOR |          |          |          | Q-time: 00:55:59                                       |  |
| PB (25m pool): 00:55.59 Brugge 04/10/2026        |          |          |          | PB (50m pool): 00:56.68 SB: 00:55.59 Brugge 04/10/2026 |  |
|                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                                |  |
| PB                                               |          | 00:27.20 |          | 00:55.59                                               |  |
|                                                  | 00:27.20 |          | 00:28.39 |                                                        |  |
|                                                  | .....    | .....    | .....    | .....                                                  |  |

Coach feedback:

|                                                    |          |          |  |                                     |  |
|----------------------------------------------------|----------|----------|--|-------------------------------------|--|
| Event number: 30: 50M FREESTYLE MEN 15-16          |          |          |  | Heat:1, starttime: 09:27            |  |
| Heat: 1/6 Lane : 6 Athlete: LAMBERT LIAM           |          |          |  | Q-time: 00:27:72                    |  |
| PB (25m pool): 00:30.18 t Badhuis Menen 02/06/2024 |          |          |  | PB (50m pool): 00:27.72 SB: no time |  |
|                                                    | 2 5 M    | 5 0 M    |  |                                     |  |
| PB                                                 |          | 00:30.18 |  |                                     |  |
|                                                    | 00:30.18 |          |  |                                     |  |
|                                                    | .....    | .....    |  |                                     |  |

Coach feedback:

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| Event number: 30: 50M FREESTYLE MEN 15-16       |           |  |           |                                                       |  |  | Heat:3, starttime: 09:29 |  |  |  |
|-------------------------------------------------|-----------|--|-----------|-------------------------------------------------------|--|--|--------------------------|--|--|--|
| Heat: 3/6    Lane : 3    Athlete: BAEYENS WARRE |           |  |           |                                                       |  |  | Q-time: 00:26:36         |  |  |  |
| PB (25m pool): 00:26.36 Brugge 04/10/2026       |           |  |           | PB (50m pool): 00:27.52SB: 00:26.36 Brugge 04/10/2026 |  |  |                          |  |  |  |
|                                                 | 2 5 M     |  | 5 0 M     |                                                       |  |  |                          |  |  |  |
| PB                                              |           |  | 00:26.36  |                                                       |  |  |                          |  |  |  |
|                                                 | 00:26.36  |  |           |                                                       |  |  |                          |  |  |  |
|                                                 | . . . . . |  | . . . . . |                                                       |  |  |                          |  |  |  |

Coach feedback:

| Event number: 32: 200M MEDLEY MEN 11-12        |           |           |           |                                                       |           |           | Heat:5, starttime: 10:22 |           |
|------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/10    Lane : 4    Athlete: VANHEE TIBE |           |           |           |                                                       |           |           | Q-time: 02:52:67         |           |
| PB (25m pool): 02:52.67 Brugge 04/10/2026      |           |           |           | PB (50m pool): 02:56.24SB: 02:52.67 Brugge 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                                             |           | 00:37.88  |           | 01:20.10                                              |           | 02:13.73  |                          | 02:52.67  |
|                                                | 00:37.88  |           | 00:42.22  |                                                       | 00:53.63  |           | 00:38.94                 |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 32: 200M MEDLEY MEN 11-12            |           |           |           |                                                          |           |           | Heat:8, starttime: 10:32 |           |
|----------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/10    Lane : 5    Athlete: GOEMAERE CYRIEL |           |           |           |                                                          |           |           | Q-time: 02:43:69         |           |
| PB (25m pool): 02:44.06    Ettelbruck 19/04/2026   |           |           |           | PB (50m pool): 02:47.79SB: 02:44.79    Brugge 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                                                 |           | 00:36.57  |           | 01:20.31                                                 |           | 02:07.09  |                          | 02:44.06  |
|                                                    | 00:36.57  |           | 00:43.74  |                                                          | 00:46.78  |           | 00:36.97                 |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 36: 400M FREESTYLE MEN 15-16     |          |          |                                                        |          |          |          | Heat:4, starttime: 11:27 |          |
|------------------------------------------------|----------|----------|--------------------------------------------------------|----------|----------|----------|--------------------------|----------|
| Heat: 4/4    Lane : 5    Athlete: PATTYN LOWIE |          |          |                                                        |          |          |          | Q-time: 04:03:89         |          |
| PB (25m pool): 04:03.89 Brugge 04/10/2026      |          |          | PB (50m pool): 04:13.65 SB: 04:03.89 Brugge 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                                             |          | 00:26.71 |                                                        | 00:56.04 |          | 01:26.96 |                          | 01:58.57 |
|                                                | 00:26.71 |          | 00:29.33                                               |          | 00:30.92 |          | 00:31.61                 |          |
|                                                | .....    | .....    | .....                                                  | .....    | .....    | .....    | .....                    | .....    |
|                                                | 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                                             |          | 02:30.41 |                                                        | 03:02.18 |          | 03:34.11 |                          | 04:03.89 |
|                                                | 00:31.84 |          | 00:31.77                                               |          | 00:31.93 |          | 00:29.78                 |          |
|                                                | .....    | .....    | .....                                                  | .....    | .....    | .....    | .....                    | .....    |

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|--------------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Event number: 38: 200M MEDLEY MEN 13-14                |           |           |           |                                     |           |           | Heat:6, starttime: 12:08 |           |
| Heat: 6/6    Lane : 4    Athlete: VANSTEENKISTE VICTOR |           |           |           |                                     |           |           | Q-time: 02:18:93         |           |
| PB (25m pool): 02:18.93    Temse 17/11/2025            |           |           |           | PB (50m pool): 02:20.25 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                                                     |           | 00:31.12  |           | 01:05.54                            |           | 01:47.27  |                          | 02:18.93  |
|                                                        | 00:31.12  |           | 00:34.42  |                                     | 00:41.73  |           | 00:31.66                 |           |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: