

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

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

Coaches: Tilmant Nadège HEADCOACH

Coaches: Mattheus Ibe

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

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:3, starttime: 08:59
Heat: 3/8 Lane : 3 Athlete: MAES JULIE					Q-time: 01:05:47
PB (25m pool): 01:05.47 Bastogne 05/04/2026					PB (50m pool): 01:07.81 SB: 01:05.73 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.02		01:05.47	
	00:32.02		00:33.45		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:6, starttime: 09:17
Heat: 6/7 Lane : 6 Athlete: NIJS BAS					Q-time: 01:00:30
PB (25m pool): 01:00.30 Sportoase De Watermolen 21/07/2026					PB (50m pool): 01:01.69 SB: 01:00.47 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.41		01:00.30	
	00:29.41		00:30.89		
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:6, starttime: 09:50	
Heat: 6/10 Lane : 4 Athlete: ROSSEEL JANNE							Q-time: 02:52:02	
PB (25m pool): 02:52.02 Leuven 04/10/2026				PB (50m pool): 02:58.80SB: 02:52.02 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		00:36.89		01:18.79		02:10.39		02:52.02
	00:36.89		00:41.90		00:51.60		00:41.63	
								

Coach feedback:

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Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:3, starttime: 11:39	
Heat: 3/6 Lane : 1 Athlete: MAES JULIE							Q-time: 02:43:34	
PB (25m pool): 02:43.34 Tienen 27/09/2026				PB (50m pool): 02:49.49 SB: 02:43.34 Tienen 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		00:34.44		no time		no time		02:43.34
	00:34.44							
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:3, starttime: 11:59	
Heat: 3/6 Lane : 4 Athlete: NIJS BAS							Q-time: 02:35:66	
PB (25m pool): 02:35.66 Leuven 04/10/2026				PB (50m pool): 02:38.53SB: 02:35.66 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		00:34.85		01:14.44		02:01.62		02:35.66
	00:34.85		00:39.59		00:47.18		00:34.04	
								

Coach feedback: