

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

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

Coaches: Verluyten Philippe

Coaches: Hanssens Yash

Coaches: Michiels Hans HEADCOACH

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:5, starttime: 08:39
Heat: 5/6 Lane : 6 Athlete: STESENS EMMA-LOUISE					Q-time: 01:08:47
PB (25m pool): 01:08.47 Temse 31/05/2026					PB (50m pool): 01:09.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.24		01:08.47	
	00:33.24		00:35.23		
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:6, starttime: 08:41
Heat: 6/6 Lane : 3 Athlete: VERLUYTEN LENI					Q-time: 01:05:97
PB (25m pool): 01:05.97 Temse 31/05/2026					PB (50m pool): 01:07.50 SB: 01:06.04 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.79		01:05.97	
	00:31.79		00:34.18		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:4, starttime: 08:50
Heat: 4/6 Lane : 5 Athlete: MICHIELS SIBE					Q-time: 01:00:14
PB (25m pool): 01:00.14 EEKLO 04/10/2026					PB (50m pool): 01:01.52 SB: 01:00.14 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.75		01:00.14	
	00:28.75		00:31.39		
					

Coach feedback:

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Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:4, starttime: 08:50
Heat: 4/6 Lane : 8 Athlete: SCHRAUWEN BJARNE					Q-time: 01:04:10
PB (25m pool): 00:38.80 Temse 12/03/2023					PB (50m pool): 01:06.56 SB: 01:04.10 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:38.80	
	no time				
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:1, starttime: 08:56
Heat: 1/8 Lane : 3 Athlete: VERHULST NOOR					Q-time: 01:09:55
PB (25m pool): 01:09.05 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:12.08 SB: 01:09.05 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.38		01:09.05	
	00:33.38 00:35.67				
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:6, starttime: 09:04
Heat: 6/8 Lane : 3 Athlete: DEBRABANDERE LEONIE					Q-time: 01:02:01
PB (25m pool): 01:02.01 EEKLO 04/10/2026					PB (50m pool): 01:03.37 SB: 01:02.01 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.73		01:02.01	
	00:29.73 00:32.28				
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:07
Heat: 8/8 Lane : 5 Athlete: DE JONG SUZAN					Q-time: 01:00:69
PB (25m pool): 00:59.16 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:01.92 SB: 00:59.16 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.32		00:59.16	
	00:28.32 00:30.84				
					

Coach feedback:

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Event number: 29: 50M FREESTYLE WOMEN 15-16										Heat:2, starttime: 09:22				
Heat: 2/6 Lane : 4 Athlete: MURAT IREM										Q-time: 00:28:78				
PB (25m pool): 00:28.61 Sint-Amandsberg 18/10/2026										PB (50m pool): 00:29.17 SB: 00:28.61 Sint-Amandsberg 18/10/2026				
	2 5 M		5 0 M											
PB			00:28.61											
	00:28.61													
														

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16										Heat:4, starttime: 09:30											
Heat: 4/6 Lane : 8 Athlete: DE JONG STAN										Q-time: 00:26:13											
PB (25m pool): 00:26.06 Sint-Amandsberg 18/10/2026										PB (50m pool): 00:26.94 SB: 00:26.06 Sint-Amandsberg 18/10/2026											
	2 5 M			5 0 M																	
PB				00:26.06																	
	00:26.06																				
																					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12						Heat:4, starttime: 09:44		
Heat: 4/10 Lane : 7 Athlete: LALOO FÉLINE						Q-time: 02:55:41		
PB (25m pool): 02:55.41 Temse 31/05/2026						PB (50m pool): 03:01.78 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		00:39.40		01:23.89		02:16.00		02:55.41
	00:39.40		00:44.49		00:52.11		00:39.41	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12						Heat:10, starttime: 10:04		
Heat: 10/10 Lane : 5 Athlete: DERRE FLEUR						Q-time: 02:36:54		
PB (25m pool): 02:35.15 Sint-Amandsberg 18/10/2026						PB (50m pool): 02:39.26 SB: 02:35.15 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		00:32.90		01:11.79		01:57.78		02:35.15
	00:32.90		00:38.89		00:45.99		00:37.37	
								

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:3, starttime: 10:15	
Heat: 3/10 Lane : 4 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN							Q-time: 02:57:00	
PB (25m pool): 02:57.00 Temse 31/05/2026				PB (50m pool): 02:58.43 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		00:39.76		01:25.18		02:16.29		02:57.00
	00:39.76		00:45.42		00:51.11		00:40.71	
								

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14										Heat:3, starttime: 10:48									
Heat: 3/4 Lane : 8 Athlete: KARER MALIK										Q-time: 00:35:54									
PB (25m pool): 00:34.39 Sint-Amandsberg 18/10/2026										PB (50m pool): 00:36.08 SB: 00:34.39 Sint-Amandsberg 18/10/2026									
	2 5 M			5 0 M															
PB				00:34.39															
	00:34.39																		
																			

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:3, starttime: 11:01	
Heat: 3/4 Lane : 4 Athlete: VERLUYTEN LENI							Q-time: 04:39:71	
PB (25m pool): 04:39.71 EEKLO 04/10/2026				PB (50m pool): 04:42.69SB: 04:39.71 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		no time		01:05.00		no time		02:15.76
	no time							
								
	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		no time		no time		no time		04:39.71
								

Coach feedback:

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Event number: 36: 400M FREESTYLE MEN 15-16							Heat:1, starttime: 11:12	
Heat: 1/4 Lane : 4 Athlete: SCHRAUWEN BJARNE							Q-time: 04:28:60	
PB (25m pool): 04:28.60 EEKLO 04/10/2026				PB (50m pool): 04:39.97 SB: 04:28.60 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		no time		01:01.50		no time		02:09.37
	no time							
								
	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		no time		no time		no time		04:28.60
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:2, starttime: 11:18	
Heat: 2/4 Lane : 8 Athlete: DE JONG STAN							Q-time: 04:27:65	
PB (25m pool): 04:27.65 EEKLO 04/10/2026				PB (50m pool): 04:32.41SB: 04:27.65 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		no time		01:00.34		no time		02:08.53
	no time							
								
	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		no time		no time		no time		04:27.65
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:4, starttime: 11:27	
Heat: 4/4 Lane : 6 Athlete: MICHIELS SIBE							Q-time: 04:07:26	
PB (25m pool): 04:07.26 EEKLO 04/10/2026				PB (50m pool): 04:13.79SB: 04:07.26 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		no time		00:57.43		no time		02:01.18
	no time							
								
	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		no time		no time		no time		04:07.26
								

Coach feedback:

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Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:3, starttime: 11:39	
Heat: 3/6 Lane : 5 Athlete: VERHULST NOOR							Q-time: 02:41:68	
PB (25m pool): 02:41.68 EEKLO 04/10/2026				PB (50m pool): 02:47.74SB: 02:41.68 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		00:35.55		no time		no time		02:41.68
	00:35.55							
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:6, starttime: 11:49	
Heat: 6/6 Lane : 1 Athlete: VAN BUNDER INEZ							Q-time: 02:33:12	
PB (25m pool): 02:33.12 Temse 31/05/2026				PB (50m pool): 02:35.11SB: 02:35.30 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		00:32.53		01:12.33		01:58.32		02:33.12
	00:32.53		00:39.80		00:45.99		00:34.80	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:6, starttime: 11:49	
Heat: 6/6 Lane : 7 Athlete: DE JONG SUZAN							Q-time: 02:30:41	
PB (25m pool): 02:28.04 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:32.25SB: 02:28.04 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		00:32.28		01:09.17		01:54.02		02:28.04
	00:32.28		00:36.89		00:44.85		00:34.02	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:6, starttime: 11:49	
Heat: 6/6 Lane : 8 Athlete: DEBRABANDERE LEONIE							Q-time: 02:34:37	
PB (25m pool): 02:34.37 Temse 31/05/2026				PB (50m pool): 02:39.45SB: 02:34.81 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		00:31.97		01:11.99		01:58.56		02:34.37
	00:31.97		00:40.02		00:46.57		00:35.81	
								

Coach feedback:

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Event number: 38: 200M MEDLEY MEN 13-14							Heat:3, starttime: 11:59	
Heat: 3/6 Lane : 2 Athlete: KARER MALIK							Q-time: 02:36:63	
PB (25m pool): 02:36.63 Durmehal 28/02/2026				PB (50m pool): 02:39.10 SB: 02:36.84 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		00:34.99		01:15.85		01:59.63		02:36.63
	00:34.99		00:40.86		00:43.78		00:37.00	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:3, starttime: 11:59	
Heat: 3/6 Lane : 6 Athlete: RENDERS KLAAS							Q-time: 02:36:30	
PB (25m pool): 02:36.30 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:38.71 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		00:33.53		01:12.86		02:00.99		02:36.30
	00:33.53		00:39.33		00:48.13		00:35.31	
								

Coach feedback: