

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

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

Coaches: Backs Hubert

Coaches: Nuytten Stefanie HEADCOACH

Coaches: De Cramer Renée

Coaches: Desmet Carl

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 : 8 Athlete: DARRAS NINA					Q-time: 01:10:55
PB (25m pool): 01:10.15 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:12.43 SB: 01:10.15 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.35		01:10.15	
	00:34.35		00:35.80		
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:6, starttime: 08:41
Heat: 6/6 Lane : 5 Athlete: DE BRUYCKER CHLOë					Q-time: 01:05:34
PB (25m pool): 01:05.34 Brugge 04/10/2026					PB (50m pool): 01:06.11 SB: 01:05.34 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.93		01:05.34	
	00:31.93		00:33.41		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:4, starttime: 08:50
Heat: 4/6 Lane : 2 Athlete: VANDEKERCKHOVE JEROME					Q-time: 01:02:60
PB (25m pool): 01:02.95 Brugge 04/10/2026					PB (50m pool): 01:02.60 SB: 01:02.95 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.09		01:02.95	
	00:30.09		00:32.86		
					

Coach feedback:

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Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:4, starttime: 08:50
Heat: 4/6 Lane : 3 Athlete: KINDT LIAM					Q-time: 01:01:28
PB (25m pool): 01:01.28 Brugge 04/10/2026					PB (50m pool): 01:03.03 SB: 01:01.28 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.33		01:01.28	
	00:29.33		00:31.95		
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:5, starttime: 08:52
Heat: 5/6 Lane : 4 Athlete: THONON MATISSE					Q-time: 00:57:80
PB (25m pool): 00:57.80 Gent 09/11/2025					PB (50m pool): 00:59.79 SB: 00:57.81 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.83		00:57.80	
	00:27.83		00:29.97		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:6, starttime: 09:04
Heat: 6/8 Lane : 8 Athlete: HUYBEN ISOLDE					Q-time: 01:03:66
PB (25m pool): 01:03.66 Eeklo 06/04/2026					PB (50m pool): 01:04.46 SB: 01:04.87 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.47		01:03.66	
	00:30.47		00:33.19		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:07
Heat: 8/8 Lane : 1 Athlete: DEKEIN YUTA					Q-time: 01:03:45
PB (25m pool): 01:04.80 Ieper 04/01/2026					PB (50m pool): 01:03.45 SB: 01:04.81 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.12		01:04.80	
	00:31.12		00:33.68		
					

Coach feedback:

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Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:07
Heat: 8/8 Lane : 3 Athlete: CLAEYS ELENA					Q-time: 01:01:35
PB (25m pool): 01:01.35 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:01.68 SB: 01:01.85 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.07		01:01.35	
	00:29.07		00:32.28		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:8, starttime: 09:07
Heat: 8/8 Lane : 8 Athlete: VERNIEUWE IRENE					Q-time: 01:03:57
PB (25m pool): 01:03.57 Brugge 04/10/2026					PB (50m pool): 01:05.72 SB: 01:03.57 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.73		01:03.57	
	00:30.73		00:32.84		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:1, starttime: 09:09
Heat: 1/7 Lane : 4 Athlete: CHRISTIAENS LUCAS					Q-time: 01:04:91
PB (25m pool): 01:04.76 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:06.02 SB: 01:04.76 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.35		01:04.76	
	00:31.35		00:33.41		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:3, starttime: 09:12
Heat: 3/7 Lane : 6 Athlete: BLOMME STAN					Q-time: 01:03:81
PB (25m pool): 01:03.81 Brugge 04/10/2026					PB (50m pool): 01:06.34 SB: 01:03.81 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.38		01:03.81	
	00:30.38		00:33.43		
					

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14				Heat:4, starttime: 09:14	
Heat: 4/7 Lane : 2 Athlete: THIELEMANS LEON				Q-time: 01:02:70	
PB (25m pool): 01:02.70 LAGO Zwevegem 25/05/2026				PB (50m pool): 01:04.03 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.30		01:02.70	
	00:30.30		00:32.40		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16				Heat:1, starttime: 09:20	
Heat: 1/6 Lane : 4 Athlete: LINSKENS ELLOISE				Q-time: 00:29:15	
PB (25m pool): 00:29.15 Brugge 04/10/2026				PB (50m pool): 00:29.32 SB: 00:29.15 Brugge 04/10/2026	
	2 5 M	5 0 M			
PB		00:29.15			
	00:29.15				
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16				Heat:1, starttime: 09:20	
Heat: 1/6 Lane : 8 Athlete: HAUTEKIET NANOE				Q-time: 00:30:42	
PB (25m pool): 00:30.42 WAREGEM 27/09/2025				PB (50m pool): 00:31.48 SB: no time	
	2 5 M	5 0 M			
PB		00:30.42			
	00:30.42				
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16				Heat:4, starttime: 09:23	
Heat: 4/6 Lane : 4 Athlete: GANTOIS JANNE				Q-time: 00:26:60	
PB (25m pool): 00:26.75 Brugge 04/10/2026				PB (50m pool): 00:26.60 SB: 00:26.75 Brugge 04/10/2026	
	2 5 M	5 0 M			
PB		00:26.75			
	00:26.75				
					

Coach feedback:

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Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:4, starttime: 09:23
Heat: 4/6 Lane : 7 Athlete: DARRAS NINA			Q-time: 00:28:03
PB (25m pool): 00:28.03 Brugge 04/10/2026			PB (50m pool): 00:28.40 SB: 00:28.03 Brugge 04/10/2026
	2 5 M	5 0 M	
PB		00:28.03	
	00:28.03		
			

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:5, starttime: 09:24
Heat: 5/6 Lane : 3 Athlete: DESMET LIEZE			Q-time: 00:27:16
PB (25m pool): 00:27.16 Gent 09/11/2025			PB (50m pool): 00:27.24 SB: 00:27.21 Brugge 04/10/2026
	2 5 M	5 0 M	
PB		00:27.16	
	00:27.16		
			

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:6, starttime: 09:25
Heat: 6/6 Lane : 1 Athlete: VANDEKERCKHOVE JULIETTE			Q-time: 00:28:11
PB (25m pool): 00:28.11 Brugge 04/10/2026			PB (50m pool): 00:28.60 SB: 00:28.11 Brugge 04/10/2026
	2 5 M	5 0 M	
PB		00:28.11	
	00:28.11		
			

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:6, starttime: 09:25
Heat: 6/6 Lane : 6 Athlete: LAMMENS MARY			Q-time: 00:27:35
PB (25m pool): 00:27.35 Gent 09/11/2025			PB (50m pool): 00:27.70 SB: 00:27.63 Brugge 04/10/2026
	2 5 M	5 0 M	
PB		00:27.35	
	00:27.35		
			

Coach feedback:

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Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:4, starttime: 09:44	
Heat: 4/10 Lane : 1 Athlete: HUYBEN STIEN							Q-time: 02:55:47	
PB (25m pool): 02:55.47 Meulebeke 10/05/2026				PB (50m pool): 03:00.26 SB: 02:58.61 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		00:39.90		no time		no time		02:55.47
	00:39.90							
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:7, starttime: 09:54	
Heat: 7/10 Lane : 1 Athlete: VERNIEUWE LEANNE							Q-time: 02:51:94	
PB (25m pool): 02:52.01 Brugge 04/10/2026				PB (50m pool): 02:51.94 SB: 02:52.01 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		00:37.52		01:21.09		02:13.49		02:52.01
	00:37.52		00:43.57			00:52.40		00:38.52
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:6, starttime: 10:25	
Heat: 6/10 Lane : 3 Athlete: GEERS ARNOUT							Q-time: 02:50:43	
PB (25m pool): 02:50.43 Brugge 04/10/2026				PB (50m pool): 02:57.80 SB: 02:50.43 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		00:39.69		01:23.93		02:13.72		02:50.43
	00:39.69		00:44.24		00:49.79		00:36.71	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:7, starttime: 10:28	
Heat: 7/10 Lane : 8 Athlete: MOEYAERT ALEC							Q-time: 02:49:42	
PB (25m pool): 02:49.42 Brugge 04/10/2026				PB (50m pool): 02:57.34 SB: 02:49.42 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		00:39.36		01:22.83		02:12.11		02:49.42
	00:39.36		00:43.47		00:49.28		00:37.31	
								

Coach feedback:

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Event number: 34: 50M BREASTSTROKE MEN 13-14										Heat:1, starttime: 10:46	
Heat: 1/4 Lane : 4 Athlete: CHRISTIAENS LUCAS										Q-time: 00:36:91	
PB (25m pool): no time										PB (50m pool): 00:36.91 SB: no time	
	2 5 M		5 0 M								
PB			no time								
	no time										
											

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:2, starttime: 10:56	
Heat: 2/4 Lane : 3 Athlete: LINSKENS ELLOISE							Q-time: 04:44:82	
PB (25m pool): 04:44.82 Brugge 04/10/2026				PB (50m pool): 04:53.94SB: 04:44.82 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		00:32.43		01:08.12		01:43.85		02:20.33
	00:32.43		00:35.69		00:35.73		00:36.48	
								
	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		02:56.74		03:33.76		04:10.29		04:44.82
	00:36.41		00:37.02		00:36.53		00:34.53	
								

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:3, starttime: 11:01	
Heat: 3/4 Lane : 3 Athlete: VANDEKERCKHOVE JULIETTE							Q-time: 04:40:97	
PB (25m pool): 04:40.97 Diksmuide 12/10/2025				PB (50m pool): 04:42.39SB: 04:41.05 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		00:32.27		01:07.45		01:43.66		02:19.32
	00:32.27		00:35.18		00:36.21		00:35.66	
								
	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		02:55.21		03:31.56		04:07.43		04:40.97
	00:35.89		00:36.35		00:35.87		00:33.54	
								

Coach feedback:

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

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:4, starttime: 11:07	
Heat: 4/4 Lane : 1 Athlete: DESMET LIEZE							Q-time: 04:34:65	
PB (25m pool): 04:34.65 Brugge 04/10/2026				PB (50m pool): 04:39.46 SB: 04:34.65 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		00:31.39		01:05.37		01:40.44		02:15.39
	00:31.39		00:33.98		00:35.07		00:34.95	
								
	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		02:50.31		03:25.45		04:01.02		04:34.65
	00:34.92		00:35.14		00:35.57		00:33.63	
								

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:4, starttime: 11:07	
Heat: 4/4 Lane : 2 Athlete: LAMMENS MARY							Q-time: 04:27:25	
PB (25m pool): 04:27.25 Brugge 04/10/2026				PB (50m pool): 04:29.37 SB: 04:27.25 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		00:30.91		01:04.64		01:39.05		02:13.26
	00:30.91		00:33.73		00:34.41		00:34.21	
								
	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		02:47.56		03:21.65		03:54.93		04:27.25
	00:34.30		00:34.09		00:33.28		00:32.32	
								

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:4, starttime: 11:07	
Heat: 4/4 Lane : 7 Athlete: GANTOIS JANNE							Q-time: 04:33:39	
PB (25m pool): 04:33.39 LAGO Zwevegem 25/05/2026				PB (50m pool): 04:34.14 SB: 04:33.98 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		00:30.67		01:04.13		01:38.12		02:12.09
	00:30.67		00:33.46		00:33.99		00:33.97	
								
	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		02:47.00		03:22.52		03:58.41		04:33.39
	00:34.91		00:35.52		00:35.89		00:34.98	
								

Coach feedback:

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Event number: 36: 400M FREESTYLE MEN 15-16							Heat:4, starttime: 11:27	
Heat: 4/4 Lane : 8 Athlete: KINDT LIAM							Q-time: 04:13:20	
PB (25m pool): 04:13.20 Brugge 04/10/2026				PB (50m pool): 04:18.01 SB: 04:13.20 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		00:28.84		01:00.12		01:32.31		02:04.80
	00:28.84		00:31.28		00:32.19		00:32.49	
								
	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		02:37.54		03:10.30		03:43.23		04:13.20
	00:32.74		00:32.76		00:32.93		00:29.97	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 11:36	
Heat: 2/6 Lane : 2 Athlete: VAN STEENKISTE LIA							Q-time: 02:44:95	
PB (25m pool): 02:44.95 Brugge 04/10/2026				PB (50m pool): 02:45.43 SB: 02:44.95 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		00:35.98		01:15.49		02:05.83		02:44.95
	00:35.98		00:39.51		00:50.34		00:39.12	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:5, starttime: 11:46	
Heat: 5/6 Lane : 4 Athlete: VERNIEUWE IRENE							Q-time: 02:34:86	
PB (25m pool): 02:34.86 Eeklo 06/04/2026				PB (50m pool): 02:42.02 SB: 02:35.46 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		00:32.47		no time		no time		02:34.86
	00:32.47							
								

Coach feedback: