

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

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

Coaches: Tieghem Kristof

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Lefever Elisa

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

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:1, starttime: 08:56
Heat: 1/8 Lane : 5 Athlete: DEMAREST HAILEY					Q-time: 01:08:69
PB (25m pool): 01:08.69 Zwevegem 11/05/2025					PB (50m pool): 01:10.21 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.25		01:08.69	
	00:33.25		00:35.44		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:4, starttime: 09:01
Heat: 4/8 Lane : 4 Athlete: CASTELEYN YANA					Q-time: 01:04:48
PB (25m pool): 01:04.48 Zwevegem 31/05/2026					PB (50m pool): 01:06.37 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.47		01:04.48	
	00:31.47		00:33.01		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:7, starttime: 09:05
Heat: 7/8 Lane : 5 Athlete: DELPORTE ELLE					Q-time: 01:01:30
PB (25m pool): 01:01.30 Brugge 04/10/2026					PB (50m pool): 01:03.22 SB: 01:01.30 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.35		01:01.30	
	00:29.35		00:31.95		
					

Coach feedback:

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

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:1, starttime: 09:09
Heat: 1/7 Lane : 6 Athlete: STAELEN QUINTEN					Q-time: 01:05:86
PB (25m pool): 01:05.86 Zwevegem 31/05/2026					PB (50m pool): 01:06.01 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.11		01:05.86	
	00:32.11		00:33.75		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:6, starttime: 09:17
Heat: 6/7 Lane : 3 Athlete: VAN BRABANT BENJAMIN					Q-time: 00:59:68
PB (25m pool): 00:59.68 Zwevegem 31/05/2026					PB (50m pool): 01:01.63 SB: 01:00.03 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.93		00:59.68	
	00:28.93		00:30.75		
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12						Heat:9, starttime: 10:00		
Heat: 9/10 Lane : 5 Athlete: GHEKIERE JUNE						Q-time: 02:43:04		
PB (25m pool): 02:43.04 Brugge 04/10/2026						PB (50m pool): 02:48.82 SB: 02:43.04 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		00:35.08		01:18.84		02:04.43		02:43.04
	00:35.08		00:43.76		00:45.59		00:38.61	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12						Heat:5, starttime: 10:22		
Heat: 5/10 Lane : 6 Athlete: MOERMAN JASPER						Q-time: 02:53:82		
PB (25m pool): 02:53.82 Brugge 04/10/2026						PB (50m pool): 02:58.21 SB: 02:53.82 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		00:38.84		01:22.39		02:14.30		02:53.82
	00:38.84		00:43.55		00:51.91		00:39.52	
								

Coach feedback:

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

Event number: 33: 50M BREASTSTROKE WOMEN 13-14							Heat:2, starttime: 10:43	
Heat: 2/3 Lane : 2 Athlete: CASTELEYN YANA							Q-time: 00:37:22	
PB (25m pool): 00:37.22 Brugge 04/10/2026				PB (50m pool): 00:39.38 SB: 00:37.22 Brugge 04/10/2026				
	2 5 M		5 0 M					
PB			00:37.22					
			00:37.22					
								

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14						Heat:2, starttime: 10:43	
Heat: 2/3 Lane : 8 Athlete: DEMAREST HAILEY						Q-time: 00:38:03	
PB (25m pool): 00:38.06 Meulebeke 06/04/2025				PB (50m pool): 00:38.03 SB: no time			
	2 5 M		5 0 M				
PB			00:38.06				
	00:38.06						
							

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14							Heat:3, starttime: 10:48			
Heat: 3/4 Lane : 4 Athlete: STAELEN QUINTEN							Q-time: 00:34:18			
PB (25m pool): 00:34.18 Brugge 04/10/2026				PB (50m pool): 00:35.65 SB: 00:34.18 Brugge 04/10/2026						
	2 5 M		5 0 M							
PB			00:34.18							
			00:34.18							
										

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:3, starttime: 11:39	
Heat: 3/6 Lane : 4 Athlete: DEMAREST HAILEY							Q-time: 02:41:59	
PB (25m pool): 02:39.76 Diksmuide 29/12/2024				PB (50m pool): 02:45.95 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		00:35.51		01:18.88		02:02.10		02:39.76
	00:35.51		00:43.37		00:43.22		00:37.66	
								

Coach feedback: