

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

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

Coaches: Brugghemans Suzanne

Coaches: Van den Broeck Karolien HEADCOACH

Coaches: Van Den Broeck Dennis

Coaches: Okens Jari

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 : 2 Athlete: NUYTKENS MARIE					Q-time: 01:05:57
PB (25m pool): 01:05.57 Tervuren 30/05/2026					PB (50m pool): 01:06.23 SB: 01:05.66 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.02		01:05.57	
		00:32.02		00:33.55	
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:2, starttime: 09:28
Heat: 2/6 Lane : 6 Athlete: VAN LOON BAS					Q-time: 00:26:84
PB (25m pool): 00:26.84 Leuven 04/10/2026					PB (50m pool): 00:27.43 SB: 00:26.84 Leuven 04/10/2026
	2 5 M	5 0 M			
PB		00:26.84			
		00:26.84			
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:4, starttime: 09:44
Heat: 4/10 Lane : 6 Athlete: SEGHERS MILLA							Q-time: 02:55:00
PB (25m pool): 02:55.00 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): 02:56.75 SB: 02:56.76 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		00:37.84		no time		no time	02:55.00
		00:37.84					
							

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:2, starttime: 10:11	
Heat: 2/10 Lane : 6 Athlete: LAUWENS FINN							Q-time: 03:00:09	
PB (25m pool): 03:00.09 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): 03:05.06 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		00:41.10		no time		no time		03:00.09
	00:41.10							
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:8, starttime: 10:32	
Heat: 8/10 Lane : 3 Athlete: DE ROOS KASPER							Q-time: 02:45:31	
PB (25m pool): 02:45.31 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): 02:47.34 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		00:36.17		no time		no time		02:45.31
	00:36.17							
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 11:36	
Heat: 2/6 Lane : 3 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 02:44:24	
PB (25m pool): 02:44.24 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): 02:51.29 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		00:33.98		no time		no time		02:44.24
	00:33.98							
								

Coach feedback: