

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

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

Coaches: Loeman Efiennia

Coaches: Mertens Tijl

Coaches: Wauters Tine HEADCOACH

Coaches: Janssen Koen

Coaches: Jacobs Karen

Coaches: Callebaut Joris

Coaches: Verbinnen Nadine

Coaches: Schepens Koen

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

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:2, starttime: 09:11
Heat: 2/7 Lane : 1 Athlete: MERTENS LANDER					Q-time: 01:04:81
PB (25m pool): 01:04.81 Aarschot 26/04/2026					PB (50m pool): 01:08.04 SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:31.76		01:04.81	
	00:31.76		00:33.05		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:1, starttime: 09:20
Heat: 1/6 Lane : 1 Athlete: DECALUWé HELENA					Q-time: 00:29:68
PB (25m pool): 00:29.68 Herentals 09/05/2026					PB (50m pool): 00:30.11 SB: 00:29.69 Leuven 04/10/2026
PB	2 5 M	5 0 M			
		00:29.68			
	00:29.68				
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:3, starttime: 09:22
Heat: 3/6 Lane : 2 Athlete: THIJS MAAIKE					Q-time: 00:28:55
PB (25m pool): 00:28.55 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 00:29.16 SB: 00:28.96 Leuven 04/10/2026
PB	2 5 M	5 0 M			
		00:28.55			
	00:28.55				
					

Coach feedback:

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

Event number: 29: 50M FREESTYLE WOMEN 15-16										Heat:3, starttime: 09:22	
Heat: 3/6 Lane : 4 Athlete: VERELST LAURA										Q-time: 00:28:49	
PB (25m pool): 00:28.49 Herentals 09/05/2026					PB (50m pool): 00:28.92 SB: 00:28.97 Leuven 04/10/2026						
	2 5 M		5 0 M								
PB			00:28.49								
			00:28.49								
											

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:1, starttime: 09:33	
Heat: 1/10 Lane : 5 Athlete: SALAETS TESS							Q-time: 03:02:12	
PB (25m pool): 03:02.12 Leuven 04/10/2026				PB (50m pool): 03:03.86 SB: 03:02.12 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		00:38.29		01:28.22		02:21.16		03:02.12
	00:38.29		00:49.93		00:52.94		00:40.96	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:3, starttime: 09:40	
Heat: 3/10 Lane : 1 Athlete: BELIAEV EMILY							Q-time: 02:57:35	
PB (25m pool): 02:57.35 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:57.77 SB: 02:57.46 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		00:40.06		01:26.68		02:18.26		02:57.35
	00:40.06		00:46.62		00:51.58		00:39.09	
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:9, starttime: 10:00	
Heat: 9/10 Lane : 1 Athlete: BOND MAYA							Q-time: 02:45:17	
PB (25m pool): 02:45.17 Leuven 04/10/2026				PB (50m pool): 02:51.66SB: 02:45.17 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		00:36.12		01:17.46		02:07.06		02:45.17
	00:36.12		00:41.34		00:49.60		00:38.11	
								

Coach feedback:

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

Event number: 32: 200M MEDLEY MEN 11-12							Heat:7, starttime: 10:28	
Heat: 7/10 Lane : 6 Athlete: SOENS JACK							Q-time: 02:48:21	
PB (25m pool): 02:48.21 Leuven 04/10/2026				PB (50m pool): 02:54.76 SB: 02:48.21 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		00:38.82		01:20.79		02:11.70		02:48.21
	00:38.82		00:41.97		00:50.91		00:36.51	
								

Coach feedback:

Event number: 33: 50M BREASTSTROKE WOMEN 13-14										Heat:2, starttime: 10:43	
Heat: 2/3 Lane : 5 Athlete: UYTTERHOEVEN FIEBE										Q-time: 00:36:52	
PB (25m pool): 00:36.52 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:38.14 SB: 00:36.78 Leuven 04/10/2026											
	2 5 M		5 0 M								
PB			00:36.52								
			00:36.52								
											

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14							Heat:1, starttime: 10:46	
Heat: 1/4 Lane : 6 Athlete: SCHEPENS TOOR							Q-time: 00:39:11	
PB (25m pool): 00:39.11 Herentals 09/05/2026				PB (50m pool): 00:40.80 SB: no time				
	2 5 M		5 0 M					
PB			00:39.11					
			00:39.11					
								

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:1, starttime: 10:51	
Heat: 1/4 Lane : 5 Athlete: UYTTERHOEVEN FLO							Q-time: 04:51:38	
PB (25m pool): 04:51.38 Leuven 04/10/2026				PB (50m pool): 04:55.18SB: 04:51.38 Leuven 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		00:33.59		01:10.88		01:47.98		02:25.66
	00:33.59		00:37.29		00:37.10		00:37.68	
								
	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		03:02.26		03:39.40		04:16.03		04:51.38
	00:36.60		00:37.14		00:36.63		00:35.35	
								

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Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:3, starttime: 11:01	
Heat: 3/4 Lane : 8 Athlete: BOHMER JANNE							Q-time: 04:44:05	
PB (25m pool): 04:44.05 Leuven 04/10/2026				PB (50m pool): 04:50.08SB: 04:44.05 Leuven 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		00:33.30		01:09.39		01:45.90		02:22.53
	00:33.30		00:36.09		00:36.51		00:36.63	
								
	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		02:59.21		03:35.79		04:11.43		04:44.05
	00:36.68		00:36.58		00:35.64		00:32.62	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:3, starttime: 11:39	
Heat: 3/6 Lane : 2 Athlete: JANSSEN LUCY							Q-time: 02:42:42	
PB (25m pool): 02:41.87 3500 Hasselt 18/10/2026				PB (50m pool): 02:49.14 SB: 02:41.87 3500 Hasselt 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		00:35.29		01:16.07		02:05.86		02:41.87
	00:35.29		00:40.78		00:49.79		00:36.01	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:5, starttime: 11:46	
Heat: 5/6 Lane : 1 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:37:66	
PB (25m pool): 02:37.66 Aarschot 26/04/2026				PB (50m pool): 02:42.56 SB: 02:40.53 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		00:34.32		01:15.29		02:00.62		02:37.66
	00:34.32		00:40.97		00:45.33		00:37.04	
								

Coach feedback:

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

Event number: 38: 200M MEDLEY MEN 13-14							Heat:4, starttime: 12:02	
Heat: 4/6 Lane : 8 Athlete: MERTENS LANDER							Q-time: 02:35:29	
PB (25m pool): 02:34.65 3500 Hasselt 18/10/2026				PB (50m pool): 02:39.62 SB: 02:34.65 3500 Hasselt 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		00:32.83		01:09.98		01:58.56		02:34.65
	00:32.83		00:37.15		00:48.58		00:36.09	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:5, starttime: 12:05	
Heat: 5/6 Lane : 8 Athlete: SCHEPENS TOOR							Q-time: 02:32:45	
PB (25m pool): 02:32.45 Leuven 04/10/2026				PB (50m pool): 02:56.79SB: 02:32.45 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		00:33.09		01:12.82		01:58.55		02:32.45
	00:33.09		00:39.73		00:45.73		00:33.90	
								

Coach feedback: