

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

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

Coaches: Vereecken Sven HEADCOACH

Coaches: Dillen Toon

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:2, starttime: 08:32
Heat: 2/6 Lane : 4 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 01:12:10
PB (25m pool): 01:12.10 Herentals 09/05/2026					PB (50m pool): 01:15.68 SB: 01:12.18 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.87		01:12.10	
	00:34.87		00:37.23		
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:3, starttime: 08:34
Heat: 3/6 Lane : 6 Athlete: MAES JULIE					Q-time: 01:11:40
PB (25m pool): 01:11.40 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:13.95 SB: 01:13.27 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.00		01:11.40	
	00:34.00		00:37.40		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:3, starttime: 08:59
Heat: 3/8 Lane : 6 Athlete: BOOGERS NOOR					Q-time: 01:05:52
PB (25m pool): 01:05.48 Nijlen 18/10/2026					PB (50m pool): 01:06.99 SB: 01:05.48 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.79		01:05.48	
	00:31.79		00:33.69		
					

Coach feedback:

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Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:6, starttime: 09:04
Heat: 6/8 Lane : 5 Athlete: VAN TILBURG FRAUKE					Q-time: 01:01:35
PB (25m pool): 01:01.35 Mol 04/10/2026					PB (50m pool): 01:02.35 SB: 01:01.35 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.44		01:01.35	
	00:29.44		00:31.91		
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:4, starttime: 09:30
Heat: 4/6 Lane : 3 Athlete: BEGUE MILANN					Q-time: 00:25:17
PB (25m pool): 00:25.17 Mol 04/10/2026					PB (50m pool): 00:25.98 SB: 00:25.17 Mol 04/10/2026
	2 5 M	5 0 M			
PB		00:25.17			
	00:25.17				
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:7, starttime: 09:54	
Heat: 7/10 Lane : 2 Athlete: DE RIDDER ROXANE							Q-time: 02:51:68	
PB (25m pool): 02:51.68 Mol 04/10/2026				PB (50m pool): 02:55.78 SB: 02:51.68 Mol 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		00:37.77		01:20.38		02:14.12		02:51.68
	00:37.77		00:42.61		00:53.74		00:37.56	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:1, starttime: 10:07	
Heat: 1/10 Lane : 5 Athlete: RAMSDONCK KRIS							Q-time: 03:02:55	
PB (25m pool): 03:02.55 Kapellen 30/05/2026				PB (50m pool): no time SB: 03:04.85 Durmechal 27/09/2026				
	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		00:38.49		no time		no time		03:02.55
	00:38.49							
								

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:8, starttime: 10:32	
Heat: 8/10 Lane : 4 Athlete: MAES MATHIJS							Q-time: 02:43:31	
PB (25m pool): 02:43.31 Mol 04/10/2026			PB (50m pool): 02:45.31 SB: 02:43.31 Mol 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		00:37.05		01:18.33		02:05.31		02:43.31
	00:37.05		00:41.28		00:46.98		00:38.00	
								

Coach feedback:

Event number: 34: 50M BREASTSTROKE MEN 13-14							Heat:4, starttime: 10:49			
Heat: 4/4 Lane : 4 Athlete: DILLEN FINN							Q-time: 00:31:41			
PB (25m pool): 00:31.41 Durmehal 27/09/2026				PB (50m pool): 00:33.44 SB: 00:31.41 Durmehal 27/09/2026						
	2 5 M		5 0 M							
PB			00:31.41							
	00:31.41									
										

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:6, starttime: 12:08	
Heat: 6/6 Lane : 6 Athlete: DILLEN FINN							Q-time: 02:21:82	
PB (25m pool): 02:21.82 Mol 04/10/2026				PB (50m pool): 02:27.74 SB: 02:21.82 Mol 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		00:30.87		01:09.09		01:49.57		02:21.82
	00:30.87		00:38.22		00:40.48		00:32.25	
								

Coach feedback: