

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

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

Coaches: Van Dooren Glenn

Coaches: Dekker Tamiko

Coaches: Faes Sandra

Coaches: Blaton Joke HEADCOACH

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

| Event number: 26: 100M BACKSTROKE MEN 15-16  |           |           |                                                        |           | Heat:4, starttime: 08:50 |
|----------------------------------------------|-----------|-----------|--------------------------------------------------------|-----------|--------------------------|
| Heat: 4/6 Lane : 1 Athlete: VAN DOOREN WARRE |           |           |                                                        |           | Q-time: 01:03:57         |
| PB (25m pool): 01:02.94 Nijlen 18/10/2026    |           |           | PB (50m pool): 01:04.70 SB: 01:02.94 Nijlen 18/10/2026 |           |                          |
|                                              | 2 5 M     | 5 0 M     | 7 5 M                                                  | 1 0 0 M   |                          |
| PB                                           |           | 00:40.54  |                                                        | 01:02.94  |                          |
|                                              | 00:40.54  |           | 00:22.40                                               |           |                          |
|                                              | . . . . . | . . . . . | . . . . .                                              | . . . . . |                          |

Coach feedback:

| Event number: 27: 100M FREESTYLE WOMEN 13-14 |           |           |                                                        |           | Heat:3, starttime: 08:59 |
|----------------------------------------------|-----------|-----------|--------------------------------------------------------|-----------|--------------------------|
| Heat: 3/8 Lane : 8 Athlete: BASSTANIE LIENE  |           |           |                                                        |           | Q-time: 01:05:95         |
| PB (25m pool): 01:05.95 Nijlen 16/11/2025    |           |           | PB (50m pool): 01:09.52 SB: 01:06.95 Nijlen 18/10/2026 |           |                          |
|                                              | 2 5 M     | 5 0 M     | 7 5 M                                                  | 1 0 0 M   |                          |
| PB                                           |           | 00:31.70  |                                                        | 01:05.95  |                          |
|                                              | 00:31.70  |           | 00:34.25                                               |           |                          |
|                                              | . . . . . | . . . . . | . . . . .                                              | . . . . . |                          |

Coach feedback:

| Event number: 29: 50M FREESTYLE WOMEN 15-16               |           |           |                                                     |  | Heat:2, starttime: 09:22 |
|-----------------------------------------------------------|-----------|-----------|-----------------------------------------------------|--|--------------------------|
| Heat: 2/6 Lane : 2 Athlete: LEMBRECHTS SOPHIE             |           |           |                                                     |  | Q-time: 00:28:93         |
| PB (25m pool): 00:28.93 Stedelijk Zwembad Geel 16/02/2025 |           |           | PB (50m pool): 00:29.55 SB: 00:29.94 Mol 04/10/2026 |  |                          |
|                                                           | 2 5 M     | 5 0 M     |                                                     |  |                          |
| PB                                                        |           | 00:28.93  |                                                     |  |                          |
|                                                           | 00:28.93  |           |                                                     |  |                          |
|                                                           | . . . . . | . . . . . |                                                     |  |                          |

Coach feedback:

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| Event number: 31: 200M MEDLEY WOMEN 11-12                |          |          |       |         |       |         | Heat:3, starttime: 09:40            |          |
|----------------------------------------------------------|----------|----------|-------|---------|-------|---------|-------------------------------------|----------|
| Heat: 3/10 Lane : 4 Athlete: NEUVILLE ALIZÉE             |          |          |       |         |       |         | Q-time: 02:55:87                    |          |
| PB (25m pool): 02:57.43 Parklaan 58, Turnhout 29/03/2026 |          |          |       |         |       |         | PB (50m pool): 02:55.87 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                                                       |          | 00:37.37 |       | no time |       | no time |                                     | 02:57.43 |
|                                                          | 00:37.37 |          |       |         |       |         |                                     |          |
|                                                          | .....    | .....    | ..... | .....   | ..... | .....   | .....                               | .....    |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12    |          |          |          |          |          |          | Heat:9, starttime: 10:00                            |          |
|----------------------------------------------|----------|----------|----------|----------|----------|----------|-----------------------------------------------------|----------|
| Heat: 9/10 Lane : 2 Athlete: NEUVILLE AXELLE |          |          |          |          |          |          | Q-time: 02:44:10                                    |          |
| PB (25m pool): 02:44.10 Mol 04/10/2026       |          |          |          |          |          |          | PB (50m pool): 02:51.95 SB: 02:44.10 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                                           |          | 00:34.85 |          | 01:19.12 |          | 02:07.46 |                                                     | 02:44.10 |
|                                              | 00:34.85 |          | 00:44.27 |          | 00:48.34 |          | 00:36.64                                            |          |
|                                              | .....    | .....    | .....    | .....    | .....    | .....    | .....                                               | .....    |

Coach feedback:

| Event number: 31: 200M MEDLEY WOMEN 11-12      |          |          |          |          |          |          | Heat:10, starttime: 10:04                           |          |
|------------------------------------------------|----------|----------|----------|----------|----------|----------|-----------------------------------------------------|----------|
| Heat: 10/10 Lane : 8 Athlete: LAUREYSENS JUTTA |          |          |          |          |          |          | Q-time: 02:42:26                                    |          |
| PB (25m pool): 02:42.26 Mol 04/10/2026         |          |          |          |          |          |          | PB (50m pool): 02:50.52 SB: 02:42.26 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                                             |          | 00:34.97 |          | 01:14.78 |          | 02:03.40 |                                                     | 02:42.26 |
|                                                | 00:34.97 |          | 00:39.81 |          | 00:48.62 |          | 00:38.86                                            |          |
|                                                | .....    | .....    | .....    | .....    | .....    | .....    | .....                                               | .....    |

Coach feedback:

| Event number: 32: 200M MEDLEY MEN 11-12     |          |          |       |         |       |         | Heat:3, starttime: 10:15                            |          |
|---------------------------------------------|----------|----------|-------|---------|-------|---------|-----------------------------------------------------|----------|
| Heat: 3/10 Lane : 6 Athlete: CAMBRé ARTHUR  |          |          |       |         |       |         | Q-time: 02:58:22                                    |          |
| PB (25m pool): 02:58.22 Kapellen 30/05/2026 |          |          |       |         |       |         | PB (50m pool): 03:02.38 SB: 02:58.39 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                                          |          | 00:39.00 |       | no time |       | no time |                                                     | 02:58.22 |
|                                             | 00:39.00 |          |       |         |       |         |                                                     |          |
|                                             | .....    | .....    | ..... | .....   | ..... | .....   | .....                                               | .....    |

Coach feedback:

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| Event number: 33: 50M BREASTSTROKE WOMEN 13-14 |          |          |                                                     |  |  | Heat:1, starttime: 10:42 |  |
|------------------------------------------------|----------|----------|-----------------------------------------------------|--|--|--------------------------|--|
| Heat: 1/3 Lane : 6 Athlete: VERMAELEN MIYA     |          |          |                                                     |  |  | Q-time: 00:39:21         |  |
| PB (25m pool): 00:39.21 Mol 04/10/2026         |          |          | PB (50m pool): 00:39.82 SB: 00:39.21 Mol 04/10/2026 |  |  |                          |  |
|                                                | 2 5 M    | 5 0 M    |                                                     |  |  |                          |  |
| PB                                             |          | 00:39.21 |                                                     |  |  |                          |  |
|                                                | 00:39.21 |          |                                                     |  |  |                          |  |
|                                                | .....    | .....    |                                                     |  |  |                          |  |

Coach feedback:

| Event number: 34: 50M BREASTSTROKE MEN 13-14   |          |          |                                                             |  |  | Heat:3, starttime: 10:48 |  |
|------------------------------------------------|----------|----------|-------------------------------------------------------------|--|--|--------------------------|--|
| Heat: 3/4 Lane : 7 Athlete: SEYMUS AXEL        |          |          |                                                             |  |  | Q-time: 00:35:33         |  |
| PB (25m pool): 00:35.33 Hoogstraten 27/09/2026 |          |          | PB (50m pool): 00:37.50 SB: 00:35.33 Hoogstraten 27/09/2026 |  |  |                          |  |
|                                                | 2 5 M    | 5 0 M    |                                                             |  |  |                          |  |
| PB                                             |          | 00:35.33 |                                                             |  |  |                          |  |
|                                                | 00:35.33 |          |                                                             |  |  |                          |  |
|                                                | .....    | .....    |                                                             |  |  |                          |  |

Coach feedback:

| Event number: 34: 50M BREASTSTROKE MEN 13-14 |          |          |                                                     |  |  | Heat:4, starttime: 10:49 |  |
|----------------------------------------------|----------|----------|-----------------------------------------------------|--|--|--------------------------|--|
| Heat: 4/4 Lane : 8 Athlete: VERDONCK STAN    |          |          |                                                     |  |  | Q-time: 00:34:01         |  |
| PB (25m pool): 00:34.01 Mol 04/10/2026       |          |          | PB (50m pool): 00:35.56 SB: 00:34.01 Mol 04/10/2026 |  |  |                          |  |
|                                              | 2 5 M    | 5 0 M    |                                                     |  |  |                          |  |
| PB                                           |          | 00:34.01 |                                                     |  |  |                          |  |
|                                              | 00:34.01 |          |                                                     |  |  |                          |  |
|                                              | .....    | .....    |                                                     |  |  |                          |  |

Coach feedback:

| Event number: 36: 400M FREESTYLE MEN 15-16   |          |          |                                                     |          |          | Heat:2, starttime: 11:18 |          |
|----------------------------------------------|----------|----------|-----------------------------------------------------|----------|----------|--------------------------|----------|
| Heat: 2/4 Lane : 7 Athlete: VAN DOOREN WARRE |          |          |                                                     |          |          | Q-time: 04:24:95         |          |
| PB (25m pool): 04:24.95 Mol 04/10/2026       |          |          | PB (50m pool): 04:37.00 SB: 04:24.95 Mol 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  |
| PB                                           |          | 00:30.32 |                                                     | 01:03.33 |          | 01:37.08                 | 02:11.41 |
|                                              | 00:30.32 |          | 00:33.01                                            |          | 00:33.75 |                          | 00:34.33 |
|                                              | .....    | .....    | .....                                               | .....    | .....    | .....                    | .....    |
|                                              | 2 2 5 M  | 2 5 0 M  | 2 7 5 M                                             | 3 0 0    | 3 2 5    | 3 5 0                    | 3 7 5    |
| PB                                           |          | 02:45.83 |                                                     | 03:19.98 |          | 03:53.55                 | 04:24.95 |
|                                              | 00:34.42 |          | 00:34.15                                            |          | 00:33.57 |                          | 00:31.40 |
|                                              | .....    | .....    | .....                                               | .....    | .....    | .....                    | .....    |

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| Event number: 37: 200M MEDLEY WOMEN 13-14         |           |           |           |                                                        |           |           | Heat:4, starttime: 11:42 |           |
|---------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/6    Lane : 3    Athlete: BASSTANIE LIENE |           |           |           |                                                        |           |           | Q-time: 02:39:52         |           |
| PB (25m pool): 02:39.52    Aarschot 26/04/2026    |           |           |           | PB (50m pool): 02:42.66 SB: 02:39.82    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                                                |           | 00:34.39  |           | 01:14.88                                               |           | 02:01.25  |                          | 02:39.52  |
|                                                   | 00:34.39  |           | 00:40.49  |                                                        | 00:46.37  |           | 00:38.27                 |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                              | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 38: 200M MEDLEY MEN 13-14          |           |           |           |                                     |           |           | Heat:2, starttime: 11:56 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/6    Lane : 5    Athlete: THIJSBAERT NIO |           |           |           |                                     |           |           | Q-time: 02:39:51         |           |
| PB (25m pool): 02:47.73    Antwerpen 12/10/2025  |           |           |           | PB (50m pool): 02:39.51 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                                               |           | 00:36.12  |           | 01:17.32                            |           | 02:08.87  |                          | 02:47.73  |
|                                                  | 00:36.12  |           | 00:41.20  |                                     | 00:51.55  |           | 00:38.86                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: