

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

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

Coaches: De Herdt An

Coaches: De Weerdt Koen

Coaches: De Belder Nathalie

Coaches: Jacob Sven

Coaches: Gijsemans Liesbet

Coaches: Wijsgeer Jan HEADCOACH

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:1, starttime: 08:30
Heat: 1/6 Lane : 5 Athlete: VAN REETH LIEZE					Q-time: 01:14:20
PB (25m pool): 01:14.20 Nijlen 01/03/2026					PB (50m pool): 01:15.93 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.29		01:14.20	
		00:36.29		00:37.91	
					

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:2, starttime: 08:32
Heat: 2/6 Lane : 7 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 01:13:06
PB (25m pool): 01:13.06 Antwerpen 12/10/2025					PB (50m pool): 01:14.07 SB: 01:13.96 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.52		01:13.06	
		00:35.52		00:37.54	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:1, starttime: 08:43
Heat: 1/6 Lane : 6 Athlete: MERTENS GERBEN					Q-time: 01:10:60
PB (25m pool): 01:10.60 Temse 17/11/2025					PB (50m pool): 01:14.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.30		01:10.60	
		00:35.30		00:35.30	
					

Coach feedback:

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

Event number: 26: 100M BACKSTROKE MEN 15-16				Heat:3, starttime: 08:48	
Heat: 3/6 Lane : 7 Athlete: WIJSGEER VIKTOR				Q-time: 01:05:72	
PB (25m pool): 01:05.72 Mol 04/10/2026				PB (50m pool): 01:09.88 SB: 01:05.72 Mol 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.26		01:05.72	
	00:32.26		00:33.46		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14				Heat:1, starttime: 09:09	
Heat: 1/7 Lane : 3 Athlete: MARIN ALEXANDRU				Q-time: 01:05:38	
PB (25m pool): 01:05.38 Herentals 09/05/2026				PB (50m pool): 01:10.00 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.63		01:05.38	
	00:31.63		00:33.75		
					

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14				Heat:3, starttime: 09:12	
Heat: 3/7 Lane : 1 Athlete: DE WEERDT BENT				Q-time: 01:03:93	
PB (25m pool): 01:03.93 Mol 04/10/2026				PB (50m pool): 01:07.96 SB: 01:03.93 Mol 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.48		01:03.93	
	00:30.48		00:33.45		
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16				Heat:3, starttime: 09:22	
Heat: 3/6 Lane : 7 Athlete: SCHELLEMANS CHARLOTTE				Q-time: 00:28:69	
PB (25m pool): 00:28.69 Hoogstraten 28/09/2025				PB (50m pool): 00:28.76 SB: 00:29.19 Hoogstraten 27/09/2026	
	2 5 M	5 0 M			
PB		00:28.69			
	00:28.69				
					

Coach feedback:

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

Event number: 30: 50M FREESTYLE MEN 15-16							Heat:2, starttime: 09:28	
Heat: 2/6 Lane : 8 Athlete: JACOB QINGKUN							Q-time: 00:27:02	
PB (25m pool): 00:27.02 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:28.01 SB: no time								
	2 5 M		5 0 M					
PB			00:27.02					
	00:27.02							
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:6, starttime: 09:50	
Heat: 6/10 Lane : 7 Athlete: VAN BREEDAM LENA							Q-time: 02:52:67	
PB (25m pool): 02:52.67 Mol 04/10/2026				PB (50m pool): 03:03.23 SB: 02:52.67 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		00:36.19		01:20.94		02:13.46		02:52.67
	00:36.19		00:44.75		00:52.52		00:39.21	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:1, starttime: 11:52	
Heat: 1/6 Lane : 5 Athlete: DE WEERDT BENT							Q-time: 02:42:21	
PB (25m pool): 02:49.83 Antwerpen 12/10/2025							PB (50m pool): 02:42.21 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		00:36.82		01:21.10		02:11.17		02:49.83
	00:36.82		00:44.28		00:50.07		00:38.66	
								

Coach feedback: