

VJK KB Diksmuide 26: Session: 4: COACH evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Claessens Matthias

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 14:32
Heat: 2/10 Lane : 2 Athlete: CLAESSENS MARIE					Q-time: 01:41:45
PB (25m pool): 01:41.45 Mol 04/10/2026					PB (50m pool): 01:51.10SB: 01:41.45 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.89		01:41.45	
	00:47.89		00:53.56		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:6, starttime: 15:02
Heat: 6/10 Lane : 8 Athlete: JOOSEN CIS					Q-time: 01:32:73
PB (25m pool): 01:32.73 Mol 04/10/2026					PB (50m pool): 01:37.60SB: 01:32.73 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.16		01:32.73	
	00:44.16		00:48.57		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:4, starttime: 15:18
Heat: 4/5 Lane : 4 Athlete: LUYTEN JULIE					Q-time: 01:12:34
PB (25m pool): 01:12.34 Aachen 12/10/2025					PB (50m pool): 01:12.78SB: 01:12.41 Aachen 11/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.86		01:12.34	
	00:33.86		00:38.48		
					

Coach feedback:

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Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:1, starttime: 15:30	
Heat: 1/5 Lane : 1 Athlete: LAZEROMS SIEN							Q-time: 02:31:96	
PB (25m pool): 02:31.96 Antwerpen 12/10/2025				PB (50m pool): 02:36.81 SB: 02:32.04 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		00:34.65		01:13.77		01:53.76		02:31.96
	00:34.65		00:39.12		00:39.99		00:38.20	
								

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12							Heat:3, starttime: 16:07	
Heat: 3/10 Lane : 7 Athlete: CLAESSENS MARIE							Q-time: 01:23:47	
PB (25m pool): 01:23.47 Mol 04/10/2026				PB (50m pool): 01:30.16 SB: 01:23.47 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:40.41		01:23.47				
	00:40.41		00:43.06					
								

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12							Heat:8, starttime: 16:42	
Heat: 8/10 Lane : 8 Athlete: JOOSEN CIS						Q-time: 01:17:37		
PB (25m pool): 01:17.37 Mol 04/10/2026				PB (50m pool): 01:19.98SB: 01:17.37 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.74		01:17.37				
	00:37.74		00:39.63					
								

Coach feedback:

Event number: 49: 50M BUTTERFLY WOMEN 13-14							Heat:2, starttime: 17:18		
Heat: 2/4 Lane : 4 Athlete: LAZEROMS SIEN							Q-time: 00:32:53		
PB (25m pool): 00:32.53 Hoogstraten 27/09/2026				PB (50m pool): 00:32.73 SB: 00:32.53 Hoogstraten 27/09/2026					
	2 5 M		5 0 M						
PB			00:32.53						
			00:32.53						
									

Coach feedback:

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Event number: 49: 50M BUTTERFLY WOMEN 13-14			Heat:3, starttime: 17:19
Heat: 3/4 Lane : 3 Athlete: VAN LOOVEREN ASTER			Q-time: 00:31:51
PB (25m pool): 00:31.51 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:32.70 SB: no time			
	2 5 M	5 0 M	
PB		00:31.51	
	00:31.51		
			

Coach feedback: