

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

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

Coaches: Claassen Benny HEADCOACH

Coaches: Torfs Agnes

Coaches: Verachttert Elke

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:8, starttime: 14:45
Heat: 8/10 Lane : 1 Athlete: PEETERS LENA					Q-time: 01:28:42
PB (25m pool): 01:28.42 Mol 04/10/2026					PB (50m pool): 01:30.24 SB: 01:28.42 Mol 04/10/2026
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:42.24		01:28.42	
	00:42.24		00:46.18		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:8, starttime: 15:06
Heat: 8/10 Lane : 3 Athlete: WILLEMS IWAN					Q-time: 01:26:13
PB (25m pool): 01:21.89 Nijlen 18/10/2026					PB (50m pool): 01:29.65 SB: 01:21.89 Nijlen 18/10/2026
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:38.78		01:21.89	
	00:38.78		00:43.11		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:3, starttime: 16:07
Heat: 3/10 Lane : 8 Athlete: PEETERS LENA					Q-time: 01:24:15
PB (25m pool): 01:24.15 Mol 04/10/2026					PB (50m pool): 01:30.33 SB: 01:24.15 Mol 04/10/2026
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:41.27		01:24.15	
	00:41.27		00:42.88		
					

Coach feedback:

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Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:8, starttime: 16:42				
Heat: 8/10 Lane : 1 Athlete: WILLEMS IWAN					Q-time: 01:17:30				
PB (25m pool): 01:16.39 Nijlen 18/10/2026					PB (50m pool): 01:23.00SB: 01:16.39 Nijlen 18/10/2026				
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:36.54				01:16.39		
	00:36.54				00:39.85				
									

Coach feedback: