

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

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

Coaches: Maene Stefaan HEADCOACH

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 : 7 Athlete: LALOO PAULINE      |           |           |           |           | Q-time: 01:41:49                                       |
| PB (25m pool): 01:41.49 Diksmuide 08/02/2026    |           |           |           |           | PB (50m pool): 01:43.48 SB: 01:44.15 Brugge 04/10/2026 |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                              |           | 00:46.47  |           | 01:41.49  |                                                        |
|                                                 | 00:46.47  |           | 00:55.02  |           |                                                        |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 39: 100M BREASTSTROKE WOMEN 11-12 |           |           |           |           | Heat:3, starttime: 14:34                               |
|-------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 3/10 Lane : 8 Athlete: CALLEWAERT ANTHE   |           |           |           |           | Q-time: 01:36:64                                       |
| PB (25m pool): 01:36.64 Brugge 04/10/2026       |           |           |           |           | PB (50m pool): 01:42.10 SB: 01:36.64 Brugge 04/10/2026 |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                              |           | 00:46.00  |           | 01:36.64  |                                                        |
|                                                 | 00:46.00  |           | 00:50.64  |           |                                                        |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 39: 100M BREASTSTROKE WOMEN 11-12 |           |           |           |           | Heat:6, starttime: 14:41                               |
|-------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 6/10 Lane : 7 Athlete: DEWITTE ELISE      |           |           |           |           | Q-time: 01:31:09                                       |
| PB (25m pool): 01:31.09 Brugge 04/10/2026       |           |           |           |           | PB (50m pool): 01:39.27 SB: 01:31.09 Brugge 04/10/2026 |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                              |           | 00:48.30  |           | 01:31.09  |                                                        |
|                                                 | 00:48.30  |           | 00:42.79  |           |                                                        |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

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| Event number: 40: 100M BREASTSTROKE MEN 11-12  |          |          |          |          | Heat:10, starttime: 15:10                              |
|------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 10/10 Lane : 3 Athlete: VERSTRAETE HENRI |          |          |          |          | Q-time: 01:20:84                                       |
| PB (25m pool): 01:20.84 Brugge 04/10/2026      |          |          |          |          | PB (50m pool): 01:25.64 SB: 01:20.84 Brugge 04/10/2026 |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                             |          | 00:37.94 |          | 01:20.84 |                                                        |
|                                                | 00:37.94 |          | 00:42.90 |          |                                                        |
|                                                | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 45: 100M BACKSTROKE WOMEN 11-12 |          |          |          |          | Heat:6, starttime: 16:14                               |
|-----------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 6/10 Lane : 6 Athlete: CALLEWAERT ANTHE |          |          |          |          | Q-time: 01:19:65                                       |
| PB (25m pool): 01:19.65 Zwevegem 31/05/2026   |          |          |          |          | PB (50m pool): 01:20.10 SB: 01:21.65 Brugge 04/10/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                            |          | 00:39.21 |          | 01:19.65 |                                                        |
|                                               | 00:39.21 |          | 00:40.44 |          |                                                        |
|                                               | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 45: 100M BACKSTROKE WOMEN 11-12 |          |          |          |          | Heat:10, starttime: 16:23                              |
|-----------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 10/10 Lane : 2 Athlete: LALOO PAULINE   |          |          |          |          | Q-time: 01:12:38                                       |
| PB (25m pool): 01:12.38 Brugge 04/10/2026     |          |          |          |          | PB (50m pool): 01:17.48 SB: 01:12.38 Brugge 04/10/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                            |          | 00:34.98 |          | 01:12.38 |                                                        |
|                                               | 00:34.98 |          | 00:37.40 |          |                                                        |
|                                               | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 45: 100M BACKSTROKE WOMEN 11-12 |          |          |          |          | Heat:10, starttime: 16:23                              |
|-----------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 10/10 Lane : 4 Athlete: DEWITTE ELISE   |          |          |          |          | Q-time: 01:10:98                                       |
| PB (25m pool): 01:10.98 Brugge 04/10/2026     |          |          |          |          | PB (50m pool): 01:13.49 SB: 01:10.98 Brugge 04/10/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                            |          | 00:34.05 |          | 01:10.98 |                                                        |
|                                               | 00:34.05 |          | 00:36.93 |          |                                                        |
|                                               | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

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|                                                                                                  |           |           |           |           |                           |  |
|--------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------|--|
| Event number: 46: 100M BACKSTROKE MEN 11-12                                                      |           |           |           |           | Heat:10, starttime: 16:47 |  |
| Heat: 10/10 Lane : 4 Athlete: VERSTRAETE HENRI                                                   |           |           |           |           | Q-time: 01:09:18          |  |
| PB (25m pool): 01:09.18 Brugge 04/10/2026 PB (50m pool): 01:12.82 SB: 01:09.18 Brugge 04/10/2026 |           |           |           |           |                           |  |
|                                                                                                  | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                           |  |
| PB                                                                                               |           | 00:33.51  |           | 01:09.18  |                           |  |
|                                                                                                  | 00:33.51  |           | 00:35.67  |           |                           |  |
|                                                                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                           |  |

Coach feedback: