

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

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

Coaches: Smet Kathleen HEADCOACH

Coaches: De Wit Tessa

Coaches: Theunissen Davey

PB => Personal Best time

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:7, starttime: 14:43
Heat: 7/10 Lane : 6 Athlete: CLAES JANNE					Q-time: 01:29:92
PB (25m pool): 01:29.92 Hasselt 04/10/2026					PB (50m pool): 01:33.27 SB: 01:29.92 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.67		01:29.92	
		00:42.67		00:47.25	
					

Coach feedback:

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:10, starttime: 14:49
Heat: 10/10 Lane : 1 Athlete: VAN HEES LENTHEL					Q-time: 01:22:19
PB (25m pool): 01:22.19 Hasselt 04/10/2026					PB (50m pool): 01:25.68 SB: 01:22.19 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.61		01:22.19	
		00:38.61		00:43.58	
					

Coach feedback:

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:10, starttime: 14:49
Heat: 10/10 Lane : 5 Athlete: VREYS ANSE					Q-time: 01:21:24
PB (25m pool): 01:21.24 Hasselt 04/10/2026					PB (50m pool): 01:22.52 SB: 01:21.24 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.09		01:21.24	
		00:38.09		00:43.15	
					

Coach feedback:

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Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 14:55
Heat: 3/10 Lane : 2 Athlete: VANBRABANT NOAH					Q-time: 01:38:13
PB (25m pool): 01:38.13 Hasselt 04/10/2026					PB (50m pool): 01:43.47 SB: 01:38.13 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.41		01:38.13	
	00:46.41		00:51.72		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:5, starttime: 15:00
Heat: 5/10 Lane : 5 Athlete: MOORS LIAM					Q-time: 01:33:28
PB (25m pool): 01:33.28 Temse 17/11/2025					PB (50m pool): 01:35.85 SB: 01:34.99 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.11		01:33.28	
	00:44.11		00:49.17		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 4 Athlete: BROUWERS CHARLOTTE					Q-time: 01:13:03
PB (25m pool): 01:12.28 Nijlen 18/10/2026					PB (50m pool): 01:13.89 SB: 01:12.28 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:12.28	
	00:34.48		00:37.80		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:4, starttime: 15:18
Heat: 4/5 Lane : 7 Athlete: POEL MAREN					Q-time: 01:18:88
PB (25m pool): 01:20.32 Hasselt 04/10/2026					PB (50m pool): 01:18.88 SB: 01:20.32 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.78		01:20.32	
	00:37.78		00:42.54		
					

Coach feedback:

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Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:2, starttime: 15:24
Heat: 2/4 Lane : 2 Athlete: FREDERIX LOU					Q-time: 01:11:91
PB (25m pool): 01:11.91 Bree 31/05/2026					PB (50m pool): 01:15.06 SB: 01:13.81 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.91		01:11.91	
	00:33.91		00:38.00		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:1, starttime: 15:30	
Heat: 1/5 Lane : 7 Athlete: NIJS ALANI							Q-time: 02:30:92	
PB (25m pool): 02:22.23 3500 Hasselt 18/10/2026				PB (50m pool): 02:39.33 SB: 02:22.23 3500 Hasselt 18/10/2026				
	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		00:31.36		01:07.26		01:44.86		02:22.23
	00:31.36		00:35.90		00:37.60		00:37.37	
								

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14							Heat:2, starttime: 15:48	
Heat: 2/6 Lane : 8 Athlete: LEMMENS LARS							Q-time: 02:24:28	
PB (25m pool): 02:17.48 3500 Hasselt 18/10/2026				PB (50m pool): 02:24.28 SB: 02:17.48 3500 Hasselt 18/10/2026				
	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		00:31.73		01:06.58		01:43.43		02:17.48
	00:31.73		00:34.85		00:36.85		00:34.05	
								

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:2, starttime: 16:05
Heat: 2/10 Lane : 3 Athlete: VREYS ANSE					Q-time: 01:24:82
PB (25m pool): 01:24.82 Hasselt 04/10/2026					PB (50m pool): 01:26.46 SB: 01:24.82 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.23		01:24.82	
	00:41.23		00:43.59		
					

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:8, starttime: 16:19
Heat: 8/10 Lane : 6 Athlete: CLAES JANNE					Q-time: 01:17:13
PB (25m pool): 01:17.13 Hasselt 04/10/2026			PB (50m pool): 01:21.11 SB: 01:17.13 Hasselt 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.50		01:17.13	
	00:37.50		00:39.63		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:10, starttime: 16:23
Heat: 10/10 Lane : 7 Athlete: VAN HEES LENTHEL					Q-time: 01:12:47
PB (25m pool): 01:12.47 Hasselt 04/10/2026			PB (50m pool): 01:14.36 SB: 01:12.47 Hasselt 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.33		01:12.47	
	00:35.33		00:37.14		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:1, starttime: 16:26
Heat: 1/10 Lane : 4 Athlete: MOORS LIAM					Q-time: 01:26:78
PB (25m pool): 01:27.21 Temse 17/11/2025			PB (50m pool): 01:26.78 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.00		01:27.21	
	00:42.00		00:45.21		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:7, starttime: 16:40
Heat: 7/10 Lane : 8 Athlete: VANBRABANT NOAH					Q-time: 01:19:51
PB (25m pool): 01:19.51 Hasselt 04/10/2026			PB (50m pool): 01:24.14 SB: 01:19.51 Hasselt 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.65		01:19.51	
	00:38.65		00:40.86		
					

Coach feedback:

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Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:4, starttime: 17:00	
Heat: 4/4 Lane : 4 Athlete: VANDEVENNE LIAH							Q-time: 02:19:73	
PB (25m pool): 02:19.73 Hasselt 04/10/2026				PB (50m pool): 02:21.61 SB: 02:19.73 Hasselt 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		00:31.36		01:06.99		01:43.86		02:19.73
	00:31.36		00:35.63		00:36.87		00:35.87	
								

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:4, starttime: 17:00	
Heat: 4/4 Lane : 5 Athlete: MELOTTE PIA							Q-time: 02:19:88	
PB (25m pool): 02:19.88 Gent 09/11/2025				PB (50m pool): 02:22.15 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		00:32.80		01:08.17		01:43.85		02:19.88
	00:32.80		00:35.37		00:35.68		00:36.03	
								

Coach feedback:

Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:1, starttime: 17:03	
Heat: 1/4 Lane : 3 Athlete: JANSSEN THIBE							Q-time: 02:43:58	
PB (25m pool): 02:27.75 3500 Hasselt 18/10/2026				PB (50m pool): 02:45.70 SB: 02:27.75 3500 Hasselt 18/10/2026				
	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		00:34.67		01:12.37		01:50.59		02:27.75
	00:34.67		00:37.70		00:38.22		00:37.16	
								

Coach feedback:

Event number: 49: 50M BUTTERFLY WOMEN 13-14							Heat:3, starttime: 17:19			
Heat: 3/4 Lane : 2 Athlete: ENGELEN FLOOR							Q-time: 00:31:82			
PB (25m pool): 00:32.27 Bree 01/06/2025				PB (50m pool): 00:31.82 SB: 00:32.36 Hasselt 04/10/2026						
	2 5 M		5 0 M							
PB			00:32.27							
	00:32.27									
										

Coach feedback:

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Event number: 50: 50M BUTTERFLY MEN 13-14			Heat:2, starttime: 17:23
Heat: 2/3 Lane : 6 Athlete: VERTESEN WOUT			Q-time: 00:30:64
PB (25m pool): 00:30.64 Hasselt 04/10/2026			PB (50m pool): 00:31.20 SB: 00:30.64 Hasselt 04/10/2026
	2 5 M	5 0 M	
PB		00:30.64	
		00:30.64	
			

Coach feedback: