

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

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

Coaches: Mackens Vicky HEADCOACH

Coaches: Claes Steven

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

| Event number: 39: 100M BREASTSTROKE WOMEN 11-12 |           |           |           |           | Heat:3, starttime: 14:34                              |
|-------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------------------------|
| Heat: 3/10 Lane : 4 Athlete: DELCOIGNE ELLA     |           |           |           |           | Q-time: 01:34:65                                      |
| PB (25m pool): 01:34.65 Leuven 04/10/2026       |           |           |           |           | PB (50m pool): 01:39.56SB: 01:34.65 Leuven 04/10/2026 |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                       |
| PB                                              |           | 00:44.88  |           | 01:34.65  |                                                       |
|                                                 |           | 00:44.88  |           | 00:49.77  |                                                       |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . |                                                       |

Coach feedback:

| Event number: 39: 100M BREASTSTROKE WOMEN 11-12 |           |           |           |           | Heat:10, starttime: 14:49                             |
|-------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------------------------|
| Heat: 10/10 Lane : 6 Athlete: NDIAYE MAï        |           |           |           |           | Q-time: 01:21:57                                      |
| PB (25m pool): 01:21.57 Leuven 04/10/2026       |           |           |           |           | PB (50m pool): 01:23.86SB: 01:21.57 Leuven 04/10/2026 |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                       |
| PB                                              |           | 00:38.46  |           | 01:21.57  |                                                       |
|                                                 |           | 00:38.46  |           | 00:43.11  |                                                       |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . |                                                       |

Coach feedback:

| Event number: 40: 100M BREASTSTROKE MEN 11-12       |           |           |           |           | Heat:2, starttime: 14:53                              |
|-----------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------------------------|
| Heat: 2/10 Lane : 1 Athlete: VAN DER MEIREN WILLIAM |           |           |           |           | Q-time: 01:41:19                                      |
| PB (25m pool): 01:41.19 Leuven 04/10/2026           |           |           |           |           | PB (50m pool): 01:43.81SB: 01:41.19 Leuven 04/10/2026 |
|                                                     | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                       |
| PB                                                  |           | 00:47.65  |           | 01:41.19  |                                                       |
|                                                     |           | 00:47.65  |           | 00:53.54  |                                                       |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . . |                                                       |

Coach feedback:

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| Event number: 41: 100M BREASTSTROKE WOMEN 15-16  |          |          |          |          | Heat:5, starttime: 15:20                               |
|--------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 5/5 Lane : 2 Athlete: VAN DER MEEREN LOTTE |          |          |          |          | Q-time: 01:17:40                                       |
| PB (25m pool): 01:17.40 Leuven 04/10/2026        |          |          |          |          | PB (50m pool): 01:19.41 SB: 01:17.40 Leuven 04/10/2026 |
|                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                               |          | 00:36.85 |          | 01:17.40 |                                                        |
|                                                  | 00:36.85 |          | 00:40.55 |          |                                                        |
|                                                  | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 42: 100M BREASTSTROKE MEN 15-16   |          |          |          |          | Heat:4, starttime: 15:27                               |
|-------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 4/4 Lane : 7 Athlete: VANSTECHELMAN LUCAS |          |          |          |          | Q-time: 01:12:73                                       |
| PB (25m pool): 01:12.73 LEUVEN 23/11/2025       |          |          |          |          | PB (50m pool): 01:17.89 SB: 01:14.54 Leuven 04/10/2026 |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                              |          | 00:34.50 |          | 01:12.73 |                                                        |
|                                                 | 00:34.50 |          | 00:38.23 |          |                                                        |
|                                                 | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 44: 200M FREESTYLE MEN 13-14          |         |         |                                       |         |       |         | Heat:6, starttime: 15:59 |         |
|-----------------------------------------------------|---------|---------|---------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 6/6    Lane : 8    Athlete: VANOLANDE THIBAUT |         |         |                                       |         |       |         | Q-time: 02:11:80         |         |
| PB (25m pool): no time                              |         |         | PB (50m pool): no time    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                                                  |         | no time |                                       | no time |       | no time |                          | no time |
|                                                     | no time |         |                                       |         |       |         |                          |         |
|                                                     | .....   | .....   | .....                                 | .....   | ..... | .....   | .....                    | .....   |

Coach feedback:

| Event number: 45: 100M BACKSTROKE WOMEN 11-12 |          |          |          |          | Heat:4, starttime: 16:10                               |
|-----------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 4/10 Lane : 3 Athlete: DELCOIGNE ELLA   |          |          |          |          | Q-time: 01:21:80                                       |
| PB (25m pool): 01:21.80 Leuven 04/10/2026     |          |          |          |          | PB (50m pool): 01:23.06 SB: 01:21.80 Leuven 04/10/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                            |          | 00:40.04 |          | 01:21.80 |                                                        |
|                                               | 00:40.04 |          | 00:41.76 |          |                                                        |
|                                               | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

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| Event number: 45: 100M BACKSTROKE WOMEN 11-12 |          |          |          |          | Heat:8, starttime: 16:19                               |
|-----------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 8/10 Lane : 7 Athlete: NDIAYE MAï       |          |          |          |          | Q-time: 01:17:66                                       |
| PB (25m pool): 01:17.66 Leuven 04/10/2026     |          |          |          |          | PB (50m pool): 01:19.86 SB: 01:17.66 Leuven 04/10/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                            |          | 00:37.61 |          | 01:17.66 |                                                        |
|                                               | 00:37.61 |          | 00:40.05 |          |                                                        |
|                                               | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 46: 100M BACKSTROKE MEN 11-12         |          |          |          |          | Heat:4, starttime: 16:33                               |
|-----------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 4/10 Lane : 5 Athlete: VAN DER MEIREN WILLIAM |          |          |          |          | Q-time: 01:21:90                                       |
| PB (25m pool): 01:21.90 Leuven 04/10/2026           |          |          |          |          | PB (50m pool): 01:23.12 SB: 01:21.90 Leuven 04/10/2026 |
|                                                     | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                                  |          | 00:40.16 |          | 01:21.90 |                                                        |
|                                                     | 00:40.16 |          | 00:41.74 |          |                                                        |
|                                                     | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 49: 50M BUTTERFLY WOMEN 13-14 |          |          |  |  | Heat:3, starttime: 17:19                                          |
|---------------------------------------------|----------|----------|--|--|-------------------------------------------------------------------|
| Heat: 3/4 Lane : 5 Athlete: VAN ROY ONAH    |          |          |  |  | Q-time: 00:31:49                                                  |
| PB (25m pool): 00:31.96 LEUVEN. 22/02/2026  |          |          |  |  | PB (50m pool): 00:31.49 SB: 00:32.45 Zwembad De Wauwer 13/09/2026 |
|                                             | 2 5 M    | 5 0 M    |  |  |                                                                   |
| PB                                          |          | 00:31.96 |  |  |                                                                   |
|                                             | 00:31.96 |          |  |  |                                                                   |
|                                             | .....    | .....    |  |  |                                                                   |

Coach feedback:

| Event number: 50: 50M BUTTERFLY MEN 13-14     |         |         |  |  | Heat:3, starttime: 17:24           |
|-----------------------------------------------|---------|---------|--|--|------------------------------------|
| Heat: 3/3 Lane : 7 Athlete: VANOLANDE THIBAUT |         |         |  |  | Q-time: 00:28:82                   |
| PB (25m pool): no time                        |         |         |  |  | PB (50m pool): no time SB: no time |
|                                               | 2 5 M   | 5 0 M   |  |  |                                    |
| PB                                            |         | no time |  |  |                                    |
|                                               | no time |         |  |  |                                    |
|                                               | .....   | .....   |  |  |                                    |

Coach feedback: