

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

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

Coaches: Smeets Mirthe

Coaches: Broux Yves

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 : 3 Athlete: VANHEES HANNAH				Q-time: 01:29:56
PB (25m pool): 01:29.56 Hasselt 04/10/2026				PB (50m pool): 01:30.13 SB: 01:29.56 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:42.15		01:29.56
		00:42.15		00:47.41
				

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12 Heat:4, starttime: 14:58

Heat: 4/10 Lane : 3 Athlete: VANRUSSELT RAFAËL				Q-time: 01:35:14
PB (25m pool): 01:35.14 Hasselt 04/10/2026				PB (50m pool): 01:39.82 SB: 01:35.14 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:44.30		01:35.14
		00:44.30		00:50.84
				

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12 Heat:6, starttime: 15:02

Heat: 6/10 Lane : 7 Athlete: KÄHLER MATHIAS				Q-time: 01:32:31
PB (25m pool): 01:28.26 Nijlen 18/10/2026				PB (50m pool): 01:38.60 SB: 01:28.26 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:41.42		01:28.26
		00:41.42		00:46.84
				

Coach feedback:

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Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:2, starttime: 15:14
Heat: 2/5 Lane : 2 Athlete: LUTS EMILIA					Q-time: 01:22:40
PB (25m pool): 01:21.20 Maastricht 30/12/2024					PB (50m pool): 01:22.64 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.28		01:21.20	
	00:38.28		00:42.92		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:5, starttime: 15:20
Heat: 5/5 Lane : 5 Athlete: VERVLOET ZOé					Q-time: 01:14:16
PB (25m pool): 01:14.16 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:16.36 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.78		01:14.16	
	00:34.78		00:39.38		
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:1, starttime: 15:22
Heat: 1/4 Lane : 6 Athlete: MIJSLINSKI JAYDEN					Q-time: 01:16:14
PB (25m pool): 01:16.14 Pelt 27/09/2026					PB (50m pool): 01:19.99 SB: 01:16.14 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.89		01:16.14	
	00:35.89		00:40.25		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:4, starttime: 15:38
Heat: 4/5 Lane : 5 Athlete: JANSSEN LAUREN							Q-time: 02:18:48
PB (25m pool): 02:18.48 Hasselt 04/10/2026							PB (50m pool): 02:23.59 SB: 02:18.48 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		00:31.62		01:06.49		01:42.61	02:18.48
	00:31.62		00:34.87		00:36.12		00:35.87
							

Coach feedback:

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Event number: 44: 200M FREESTYLE MEN 13-14							Heat:5, starttime: 15:56	
Heat: 5/6 Lane : 7 Athlete: TORDEUR KILIAN							Q-time: 02:14:37	
PB (25m pool): 02:14.37 Hasselt 04/10/2026				PB (50m pool): 02:15.11 SB: 02:14.37 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		00:30.85		01:05.25		01:40.45		02:14.37
	00:30.85		00:34.40		00:35.20		00:33.92	
								

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12										Heat:10, starttime: 16:23	
Heat: 10/10 Lane : 8 Athlete: VANHEES HANNAH									Q-time: 01:13:77		
PB (25m pool): 01:13.77 Hasselt 04/10/2026					PB (50m pool): 01:19.95 SB: 01:13.77 Hasselt 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:35.94				01:13.77				
	00:35.94				00:37.83						
											

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12							Heat:1, starttime: 16:26	
Heat: 1/10 Lane : 3 Athlete: KÄHLER MATHIAS							Q-time: 01:27:47	
PB (25m pool): 01:26.66 Nijlen 18/10/2026				PB (50m pool): 01:33.09SB: 01:26.66 Nijlen 18/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:42.58		01:26.66				
	00:42.58		00:44.08					
								

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12							Heat:4, starttime: 16:33	
Heat: 4/10 Lane : 8 Athlete: VANRUSSELT RAFAËL							Q-time: 01:22:59	
PB (25m pool): 01:22.59 Pelt 27/09/2026				PB (50m pool): 01:24.22 SB: 01:22.59 Pelt 27/09/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:39.53		01:22.59				
	00:39.53		00:43.06					
								

Coach feedback: