

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

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

Coaches: Gullentops Axel

Coaches: Pieters Jana

Coaches: Crauwels Loesje HEADCOACH

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 14:30
Heat: 1/10 Lane : 4 Athlete: VAN ROMPAEY LORE					Q-time: 01:42:71
PB (25m pool): 01:45.08 Aartselaar 01/11/2025					PB (50m pool): 01:42.71 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.54		01:45.08	
	00:49.54		00:55.54		
					

Coach feedback:

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 6 Athlete: ROZIERIS LILY					Q-time: 01:35:60
PB (25m pool): 01:35.60 Mol 04/10/2026					PB (50m pool): 01:36.95 SB: 01:35.60 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.15		01:35.60	
	00:46.15		00:49.45		
					

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14							Heat:3, starttime: 15:51	
Heat: 3/6 Lane : 4 Athlete: VERBEEK MATTS							Q-time: 02:18:60	
PB (25m pool): 02:18.60 Mol 04/10/2026				PB (50m pool): 02:20.33SB: 02:18.60 Mol 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		00:32.18		01:07.68		01:43.62		02:18.60
	00:32.18		00:35.50		00:35.94		00:34.98	
								

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:1, starttime: 16:02
Heat: 1/10 Lane : 4 Athlete: VAN ROMPAEY LORE					Q-time: 01:26:50
PB (25m pool): 01:26.50 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:29.71 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.25		01:26.50	
	00:42.25		00:44.25		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:5, starttime: 16:12
Heat: 5/10 Lane : 3 Athlete: ROZIERIS LILY					Q-time: 01:21:07
PB (25m pool): 01:21.07 Mol 04/10/2026					PB (50m pool): 01:26.88 SB: 01:21.07 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.75		01:21.07	
	00:39.75		00:41.32		
					

Coach feedback:

Event number: 50: 50M BUTTERFLY MEN 13-14					Heat:1, starttime: 17:22
Heat: 1/3 Lane : 8 Athlete: VERBEEK MATTS					Q-time: 00:33:49
PB (25m pool): 00:32.84 Nijlen 18/10/2026					PB (50m pool): 00:33.68 SB: 00:32.84 Nijlen 18/10/2026
	2 5 M	5 0 M			
PB		00:32.84			
	00:32.84				
					

Coach feedback: