

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

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

Coaches: Mulkers Lander HEADCOACH

PB => Personal Best time

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 14:39
Heat: 5/10 Lane : 1 Athlete: BEVERNAGE TRIX					Q-time: 01:32:96
PB (25m pool): 01:32.96 Hasselt 04/10/2026					PB (50m pool): 01:35.89 SB: 01:32.96 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.42		01:32.96	
	00:44.42		00:48.54		
					

Coach feedback:

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:7, starttime: 14:43
Heat: 7/10 Lane : 7 Athlete: CLAESSENS ISA-BEAU					Q-time: 01:30:17
PB (25m pool): 01:30.17 Hasselt 04/10/2026					PB (50m pool): 01:33.44 SB: 01:30.17 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.13		01:30.17	
	00:43.13		00:47.04		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:1, starttime: 15:12
Heat: 1/5 Lane : 4 Athlete: BEUNCKENS TESS					Q-time: 01:24:44
PB (25m pool): 01:24.44 Hasselt 04/10/2026					PB (50m pool): 01:27.38 SB: 01:24.44 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.66		01:24.44	
	00:40.66		00:43.78		
					

Coach feedback:

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Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:2, starttime: 15:14
Heat: 2/5 Lane : 5 Athlete: SARGESJAN NALA					Q-time: 01:21:28
PB (25m pool): 01:21.28 Temse 17/11/2025			PB (50m pool): 01:25.17 SB: 01:22.08 Pelt 27/09/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.73		01:21.28	
	00:38.73		00:42.55		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:2, starttime: 15:14
Heat: 2/5 Lane : 8 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 01:24:36
PB (25m pool): 01:24.36 Temse 17/11/2025			PB (50m pool): 01:26.96 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.47		01:24.36	
	00:39.47		00:44.89		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:5, starttime: 16:12
Heat: 5/10 Lane : 7 Athlete: CLAESSENS ISA-BEAU					Q-time: 01:21:29
PB (25m pool): 01:21.29 Hasselt 04/10/2026			PB (50m pool): 01:24.66 SB: 01:21.29 Hasselt 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.33		01:21.29	
	00:39.33		00:41.96		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:7, starttime: 16:17
Heat: 7/10 Lane : 2 Athlete: BEVERNAGE TRIX					Q-time: 01:18:49
PB (25m pool): 01:18.49 Hasselt 04/10/2026			PB (50m pool): 01:22.48 SB: 01:18.49 Hasselt 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.33		01:18.49	
	00:39.33		00:39.16		
					

Coach feedback:

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Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:1, starttime: 16:49	
Heat: 1/4 Lane : 4 Athlete: VERLEYSEN NOA							Q-time: 02:32:93	
PB (25m pool): 02:32.93 Temse 17/11/2025				PB (50m pool): 02:37.41 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		00:35.91		01:15.03		01:54.28		02:32.93
	00:35.91		00:39.12		00:39.25		00:38.65	
								

Coach feedback: