

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

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

Coaches: Vandeputte Pedro

Coaches: Desmet Lindsay

Coaches: Vandeputte Debby

Coaches: Demeyere Linda

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

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:7, starttime: 15:04
Heat: 7/10 Lane : 8 Athlete: STEEN REMI					Q-time: 01:30:98
PB (25m pool): 01:30.98 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:31.87 SB: 01:31.62 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.92		01:30.98	
	00:43.92		00:47.06		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:9, starttime: 15:08
Heat: 9/10 Lane : 2 Athlete: VANDEPUTTE JORBE					Q-time: 01:23:80
PB (25m pool): 01:23.80 Brugge 04/10/2026					PB (50m pool): 01:26.15 SB: 01:23.80 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.11		01:23.80	
	00:40.11		00:43.69		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:5, starttime: 16:35
Heat: 5/10 Lane : 4 Athlete: STEEN REMI					Q-time: 01:20:71
PB (25m pool): 01:20.71 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:24.44 SB: 01:23.19 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.91		01:20.71	
	00:40.91		00:39.80		
					

Coach feedback:

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Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:6, starttime: 16:38
Heat: 6/10 Lane : 2 Athlete: VANDEPUTTE JORBE					Q-time: 01:20:19
PB (25m pool): 01:22.19 Brugge 04/10/2026					PB (50m pool): 01:20.19 SB: 01:22.19 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.63		01:22.19	
	00:40.63		00:41.56		
					

Coach feedback:

Event number: 49: 50M BUTTERFLY WOMEN 13-14					Heat:3, starttime: 17:19
Heat: 3/4 Lane : 4 Athlete: VERSTRAETE LINDE					Q-time: 00:31:21
PB (25m pool): 00:31.21 Brugge 04/10/2026					PB (50m pool): 00:32.09 SB: 00:31.21 Brugge 04/10/2026
	2 5 M	5 0 M			
PB		00:31.21			
	00:31.21				
					

Coach feedback:

Event number: 49: 50M BUTTERFLY WOMEN 13-14					Heat:4, starttime: 17:20
Heat: 4/4 Lane : 5 Athlete: VELGHE LAURA					Q-time: 00:30:04
PB (25m pool): 00:30.04 Brugge 04/10/2026					PB (50m pool): 00:31.51 SB: 00:30.04 Brugge 04/10/2026
	2 5 M	5 0 M			
PB		00:30.04			
	00:30.04				
					

Coach feedback: