

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

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

Coaches: Adams Sander HEADCOACH

Coaches: Stabel Siegfried

Coaches: Van Herzeele Peggy

Coaches: Poelmans Julie

PB => Personal Best time

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:9, starttime: 14:47
Heat: 9/10 Lane : 7 Athlete: DIERCKX ASTRID					Q-time: 01:24:78
PB (25m pool): 01:24.78 Mol 04/10/2026					PB (50m pool): 01:28.64 SB: 01:24.78 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.44		01:24.78	
	00:40.44		00:44.34		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:53
Heat: 2/10 Lane : 4 Athlete: ADAMS MATHIS					Q-time: 01:39:28
PB (25m pool): 01:33.23 Nijlen 18/10/2026					PB (50m pool): 01:47.48 SB: 01:33.23 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.98		01:33.23	
	00:44.98		00:48.25		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:9, starttime: 15:08
Heat: 9/10 Lane : 5 Athlete: LEYSEN BENJAMIN					Q-time: 01:22:66
PB (25m pool): 01:22.66 Mol 04/10/2026					PB (50m pool): 01:27.31 SB: 01:22.66 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.99		01:22.66	
	00:38.99		00:43.67		
					

Coach feedback:

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Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:1, starttime: 15:12
Heat: 1/5 Lane : 3 Athlete: LAUWERS SOFIE					Q-time: 01:26:77
PB (25m pool): 01:28.49 Diksmuide 17/11/2024					PB (50m pool): 01:26.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.92		01:28.49	
	00:41.92		00:46.57		
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:4, starttime: 15:27
Heat: 4/4 Lane : 8 Athlete: STABEL JASPER					Q-time: 01:14:84
PB (25m pool): 01:14.84 Mol 04/10/2026					PB (50m pool): 01:20.08 SB: 01:14.84 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.79		01:14.84	
	00:34.79		00:40.05		
					

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14							Heat:1, starttime: 15:45	
Heat: 1/6 Lane : 3 Athlete: LEYSEN JEROEN							Q-time: 02:31:66	
PB (25m pool): 02:31.66 Parklaan 58, Turnhout 30/03/2025							PB (50m pool): 02:32.65SB: 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		00:34.83		01:13.85		no time		02:31.66
	00:34.83		00:39.02					
								

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:6, starttime: 16:14
Heat: 6/10 Lane : 8 Athlete: DIERCKX ASTRID					Q-time: 01:20:75
PB (25m pool): 01:20.75 Mol 04/10/2026					PB (50m pool): 01:22.95 SB: 01:20.75 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.69		01:20.75	
	00:39.69		00:41.06		
					

Coach feedback:

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Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:2, starttime: 16:28
Heat: 2/10 Lane : 8 Athlete: ADAMS MATHIS					Q-time: 01:26:52
PB (25m pool): 01:24.80 Nijlen 18/10/2026			PB (50m pool): 01:27.81 SB: 01:24.80 Nijlen 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.13		01:24.80	
	00:41.13		00:43.67		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:7, starttime: 16:40
Heat: 7/10 Lane : 1 Athlete: LEYSEN BENJAMIN					Q-time: 01:19:04
PB (25m pool): 01:19.04 Herentals 09/05/2026			PB (50m pool): 01:23.41 SB: 01:20.65 Mol 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.19		01:19.04	
	00:38.19		00:40.85		
					

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:2, starttime: 16:53	
Heat: 2/4 Lane : 7 Athlete: LAUWERS SOFIE							Q-time: 02:32:07	
PB (25m pool): 02:32.07 Mol 04/10/2026				PB (50m pool): 02:35.22SB: 02:32.07 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		00:34.88		01:12.40		01:52.04		02:32.07
	00:34.88		00:37.52		00:39.64		00:40.03	
								

Coach feedback:

Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:1, starttime: 17:03	
Heat: 1/4 Lane : 5 Athlete: STABEL JASPER							Q-time: 02:34:64	
PB (25m pool): 02:34.64 Temse 17/11/2025				PB (50m pool): 02:39.45SB: 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		00:36.58		01:16.03		01:56.07		02:34.64
	00:36.58		00:39.45		00:40.04		00:38.57	
								

Coach feedback: