

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

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

Coaches: Decock Maaïke

Coaches: Vanhaeke Heidi

Coaches: Vanhecke Sabrina HEADCOACH

Coaches: Janart Michaël

Coaches: Dewulf Bart

Coaches: Duck Chantal

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

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:4, starttime: 14:58
Heat: 4/10 Lane : 4 Athlete: VICTOR MILO					Q-time: 01:34:74
PB (25m pool): 01:34.74 Brugge 04/10/2026					PB (50m pool): 01:38.99SB: 01:34.74 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.64		01:34.74	
	00:44.64		00:50.10		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:9, starttime: 15:08
Heat: 9/10 Lane : 1 Athlete: DECOCK CERIEL					Q-time: 01:24:85
PB (25m pool): 01:24.85 Brugge 04/10/2026					PB (50m pool): 01:30.63SB: 01:24.85 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.91		01:24.85	
	00:40.91		00:43.94		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:2, starttime: 15:33	
Heat: 2/5 Lane : 1 Athlete: ZEPHIRIN ASTRID							Q-time: 02:24:76	
PB (25m pool): 02:23.38 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:27.55SB: 02:23.38 Sint-Amandsberg 18/10/2026				
	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		00:33.46		01:10.16		01:47.62		02:23.38
	00:33.46		00:36.70		00:37.46		00:35.76	
								

Coach feedback:

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Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:2, starttime: 15:33	
Heat: 2/5 Lane : 4 Athlete: SPILLEBEEN JUTTA							Q-time: 02:22:65	
PB (25m pool): 02:22.83 DIKSMUIDE 30/11/2025				PB (50m pool): 02:22.65 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		00:34.30		01:11.24		01:47.94		02:22.83
	00:34.30		00:36.94		00:36.70		00:34.89	
								

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14							Heat:5, starttime: 15:56	
Heat: 5/6 Lane : 2 Athlete: DE BAL LUCAS							Q-time: 02:13:96	
PB (25m pool): 02:09.28 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:13.96SB: 02:09.28 Sint-Amandsberg 18/10/2026				
	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		00:29.04		01:02.79		01:37.14		02:09.28
	00:29.04		00:33.75		00:34.35		00:32.14	
								

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12							Heat:6, starttime: 16:38	
Heat: 6/10 Lane : 1 Athlete: VICTOR MILO							Q-time: 01:20:34	
PB (25m pool): 01:20.34 Brugge 04/10/2026				PB (50m pool): 01:21.46 SB: 01:20.34 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:38.87		01:20.34				
	00:38.87		00:41.47					
								

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12							Heat:8, starttime: 16:42			
Heat: 8/10 Lane : 6 Athlete: DECOCK CERIEL							Q-time: 01:16:12			
PB (25m pool): 01:14.89 Sint-Amandsberg 18/10/2026				PB (50m pool): 01:20.66 SB: 01:14.89 Sint-Amandsberg 18/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:37.26				01:14.89			
	00:37.26				00:37.63					
										

Coach feedback:

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Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:4, starttime: 17:00	
Heat: 4/4 Lane : 6 Athlete: DECOUTERE IMANI							Q-time: 02:20:50	
PB (25m pool): 02:20.50 Ettelbruck 19/04/2026				PB (50m pool): 02:25.85 SB: 02:22.20 Brugge 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		00:32.91		01:08.08		01:44.34		02:20.50
	00:32.91		00:35.17		00:36.26		00:36.16	
								

Coach feedback:

Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:4, starttime: 17:14	
Heat: 4/4 Lane : 2 Athlete: DECUPERE ALEX							Q-time: 02:12:82	
PB (25m pool): 02:12.36 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:16.72 SB: 02:12.36 Sint-Amandsberg 18/10/2026				
	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		00:31.27		01:05.01		01:39.25		02:12.36
	00:31.27		00:33.74		00:34.24		00:33.11	
								

Coach feedback:

Event number: 50: 50M BUTTERFLY MEN 13-14							Heat:2, starttime: 17:23			
Heat: 2/3 Lane : 1 Athlete: VANNESTE DAAN							Q-time: 00:31:19			
PB (25m pool): 00:31.26 Waregem 26/09/2026				PB (50m pool): 00:31.19 SB: 00:31.26 Waregem 26/09/2026						
	2 5 M		5 0 M							
PB			00:31.26							
	00:31.26									
										

Coach feedback:

Event number: 50: 50M BUTTERFLY MEN 13-14							Heat:3, starttime: 17:24			
Heat: 3/3 Lane : 2 Athlete: PICEU SEPPE							Q-time: 00:28:64			
PB (25m pool): 00:28.64 Waregem 26/09/2026				PB (50m pool): 00:29.30 SB: 00:28.64 Waregem 26/09/2026						
	2 5 M		5 0 M							
PB			00:28.64							
	00:28.64									
										

Coach feedback: