

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

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

Coaches: Wibaut Annouck HEADCOACH

Coaches: Vandorpe Aaron

Coaches: Vandepoorte Pauline

PB => Personal Best time

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 14:34
Heat: 3/10 Lane : 3 Athlete: TABARY OCTAVIE					Q-time: 01:35:55
PB (25m pool): 01:35.55 EEKLO 04/10/2026					PB (50m pool): 01:43.53 SB: 01:35.55 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.24		01:35.55	
	00:45.24		00:50.31		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:7, starttime: 16:17
Heat: 7/10 Lane : 8 Athlete: TABARY OCTAVIE					Q-time: 01:19:19
PB (25m pool): 01:19.19 EEKLO 04/10/2026					PB (50m pool): 01:23.91 SB: 01:19.19 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.13		01:19.19	
	00:38.13		00:41.06		
					

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:3, starttime: 16:56	
Heat: 3/4 Lane : 5 Athlete: BEIJNSBERGER MARE							Q-time: 02:25:32	
PB (25m pool): 02:24.38 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:25.91SB: 02:24.38 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		00:32.76		01:09.45		01:47.39		02:24.38
	00:32.76		00:36.69		00:37.94		00:36.99	
								

Coach feedback: