

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

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

Coaches: Bogaerts Michel

PB => Personal Best time

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 14:32
Heat: 2/10 Lane : 5 Athlete: WEGENER LENA					Q-time: 01:38:64
PB (25m pool): 01:38.64 Temse 17/11/2025					PB (50m pool): 01:38.90 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.87		01:38.64	
	00:46.87		00:51.77		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:8, starttime: 15:06
Heat: 8/10 Lane : 2 Athlete: NABIULLIN MAX					Q-time: 01:27:37
PB (25m pool): 01:27.37 Leuven 04/10/2026					PB (50m pool): 01:33.58 SB: 01:27.37 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.62		01:27.37	
	00:40.62		00:46.75		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:9, starttime: 15:08
Heat: 9/10 Lane : 3 Athlete: NABIULLIN TIM					Q-time: 01:23:63
PB (25m pool): 01:23.63 Zwembad De Motte 14/07/2026					PB (50m pool): 01:27.06 SB: 01:24.55 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.75		01:23.63	
	00:39.75		00:43.88		
					

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:7, starttime: 16:17
Heat: 7/10 Lane : 6 Athlete: WEGENER LENA					Q-time: 01:18:29
PB (25m pool): 01:18.29 Leuven 04/10/2026			PB (50m pool): 01:20.54 SB: 01:18.29 Leuven 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.89		01:18.29	
	00:37.89		00:40.40		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:4, starttime: 16:33
Heat: 4/10 Lane : 3 Athlete: NABIULLIN MAX					Q-time: 01:21:90
PB (25m pool): 01:24.60 Temse 17/11/2025			PB (50m pool): 01:24.23 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.03		01:24.60	
	00:41.03		00:43.57		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:7, starttime: 16:40
Heat: 7/10 Lane : 3 Athlete: NABIULLIN TIM					Q-time: 01:18:38
PB (25m pool): 01:18.38 Zwembad De Motte 14/07/2026			PB (50m pool): 01:20.05 SB: 01:19.37 Leuven 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.31		01:18.38	
	00:38.31		00:40.07		
					

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:1, starttime: 16:49	
Heat: 1/4 Lane : 8 Athlete: MAASKANT KRISTINA							Q-time: 02:37:39	
PB (25m pool): 02:38.90 Groenenhoek Berchem 05/10/2025							PB (50m pool): 02:37.39SB: 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		00:38.30		01:19.27		no time		02:38.90
	00:38.30		00:40.97					
								

Coach feedback: