

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

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

Coaches: Wouters Maxim HEADCOACH

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

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:8, starttime: 15:06
Heat: 8/10 Lane : 7 Athlete: MERTENS DIETER					Q-time: 01:28:01
PB (25m pool): 01:26.72 Nijlen 18/10/2026					PB (50m pool): 01:31.67 SB: 01:26.72 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.28		01:26.72	
	00:41.28		00:45.44		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:2, starttime: 15:14
Heat: 2/5 Lane : 4 Athlete: JANSSENS ELISABETH					Q-time: 01:20:83
PB (25m pool): 01:20.83 Herentals 09/05/2026					PB (50m pool): 01:21.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.53		01:20.83	
	00:38.53		00:42.30		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 7 Athlete: DURT REINE					Q-time: 01:19:11
PB (25m pool): 01:19.11 Herentals 09/05/2026					PB (50m pool): 01:20.20 SB: 01:20.02 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.07		01:19.11	
	00:37.07		00:42.04		
					

Coach feedback:

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Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 8 Athlete: BELLENS LORE					Q-time: 01:20:83
PB (25m pool): 01:20.83 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:24.89 SB: 01:20.94 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.33		01:20.83	
	00:38.33		00:42.50		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:4, starttime: 15:18
Heat: 4/5 Lane : 5 Athlete: BOVEN AXELLE					Q-time: 01:14:85
PB (25m pool): 01:14.85 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:15.48 SB: 01:17.32 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.24		01:14.85	
	00:35.24		00:39.61		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:4, starttime: 15:18
Heat: 4/5 Lane : 6 Athlete: MERTENS FEMKE					Q-time: 01:17:27
PB (25m pool): 01:17.03 Nijlen 18/10/2026					PB (50m pool): 01:18.60 SB: 01:17.03 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.08		01:17.03	
	00:36.08		00:40.95		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:5, starttime: 15:41
Heat: 5/5 Lane : 6 Athlete: BIERINCKX MIE							Q-time: 02:14:09
PB (25m pool): 02:14.09 Temse 17/11/2025							PB (50m pool): 02:17.71 SB: 02:15.21 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		00:30.24		01:03.87		01:39.40	02:14.09
	00:30.24		00:33.63		00:35.53		00:34.69
							

Coach feedback:

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Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:9, starttime: 16:45
Heat: 9/10 Lane : 6 Athlete: MERTENS DIETER					Q-time: 01:15:02
PB (25m pool): 01:13.71 Nijlen 18/10/2026					PB (50m pool): 01:16.04 SB: 01:13.71 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.40		01:13.71	
	00:36.40		00:37.31		
					

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:1, starttime: 16:49	
Heat: 1/4 Lane : 6 Athlete: JANSSENS ELISABETH							Q-time: 02:34:93	
PB (25m pool): 02:34.93 3500 Hasselt 23/11/2025				PB (50m pool): 02:39.96 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		00:36.34		01:15.62		01:55.69		02:34.93
	00:36.34		00:39.28		00:40.07		00:39.24	
								

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:3, starttime: 16:56	
Heat: 3/4 Lane : 3 Athlete: MERTENS FEMKE							Q-time: 02:25:46	
PB (25m pool): 02:25.46 Mol 04/10/2026				PB (50m pool): 02:33.21 SB: 02:25.46 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		00:34.11		01:11.20		01:48.89		02:25.46
	00:34.11		00:37.09		00:37.69		00:36.57	
								

Coach feedback: