

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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 : 8 Athlete: JANSSENS STERRE				Q-time: 01:42:55
PB (25m pool): 01:47.67 Sint-Niklaas 28/12/2025				PB (50m pool): 01:42.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:49.24		01:47.67
		00:49.24		00:58.43
				

Coach feedback:

Event number: 39: 100M BREASTSTROKE WOMEN 11-12 Heat:4, starttime: 14:37

Heat: 4/10 Lane : 3 Athlete: VAN DE VYVERE LENA				Q-time: 01:33:67
PB (25m pool): 01:33.67 EEKLO 04/10/2026				PB (50m pool): 01:34.39 SB: 01:33.67 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:44.06		01:33.67
		00:44.06		00:49.61
				

Coach feedback:

Event number: 39: 100M BREASTSTROKE WOMEN 11-12 Heat:7, starttime: 14:43

Heat: 7/10 Lane : 1 Athlete: WULLAERT LIESE				Q-time: 01:30:36
PB (25m pool): 01:28.26 Sint-Amandsberg 18/10/2026				PB (50m pool): 01:33.40 SB: 01:28.26 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:41.86		01:28.26
		00:41.86		00:46.40
				

Coach feedback:

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Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:2, starttime: 15:14
Heat: 2/5 Lane : 7 Athlete: DE BRABANDER CELESTE					Q-time: 01:22:53
PB (25m pool): 01:22.53 Sint-Niklaas 11/01/2026					PB (50m pool): 01:26.06 SB: 01:24.24 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.55		01:22.53	
	00:38.55		00:43.98		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:4, starttime: 15:38	
Heat: 4/5 Lane : 2 Athlete: LAMMENS ALIX							Q-time: 02:19:17	
PB (25m pool): 02:16.25 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:21.40 SB: 02:16.25 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		00:32.05		01:07.18		01:42.47		02:16.25
	00:32.05		00:35.13		00:35.29		00:33.78	
								

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:4, starttime: 15:38	
Heat: 4/5 Lane : 4 Athlete: DE SMET AMÉLIE							Q-time: 02:18:17	
PB (25m pool): 02:18.17 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:25.12 SB: 02:18.47 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		00:32.52		01:07.93		01:43.28		02:18.17
	00:32.52		00:35.41		00:35.35		00:34.89	
								

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14							Heat:4, starttime: 15:53	
Heat: 4/6 Lane : 3 Athlete: ROGIERS LOUIS							Q-time: 02:15:94	
PB (25m pool): 02:14.56 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:21.36 SB: 02:14.56 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		00:31.34		01:06.35		01:41.31		02:14.56
	00:31.34		00:35.01		00:34.96		00:33.25	
								

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:1, starttime: 16:02
Heat: 1/10 Lane : 5 Athlete: WULLAERT LIESE					Q-time: 01:26:77
PB (25m pool): 01:25.05 Sint-Amandsberg 18/10/2026			PB (50m pool): 01:29.25 SB: 01:25.05 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.76		01:25.05	
	00:41.76		00:43.29		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:4, starttime: 16:10
Heat: 4/10 Lane : 8 Athlete: VAN DE VYVERE LENA					Q-time: 01:22:38
PB (25m pool): 01:22.38 Temse 31/05/2026			PB (50m pool): 01:26.36 SB: 01:23.82 EEKLO 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.42		01:22.38	
	00:40.42		00:41.96		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:6, starttime: 16:14
Heat: 6/10 Lane : 5 Athlete: JANSSENS STERRE					Q-time: 01:19:41
PB (25m pool): 01:19.41 EEKLO 04/10/2026			PB (50m pool): 01:20.84 SB: 01:19.41 EEKLO 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.58		01:19.41	
	00:39.58		00:39.83		
					

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:1, starttime: 16:49	
Heat: 1/4 Lane : 7 Athlete: WULLAERT FIEN							Q-time: 02:37:20	
PB (25m pool): 02:37.20 TEMSE 23/11/2025				PB (50m pool): 02:39.56 SB: 02:37.47 EEKLO 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		00:38.43		01:18.41		01:59.18		02:37.20
	00:38.43		00:39.98		00:40.77		00:38.02	
								

Coach feedback:

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Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:1, starttime: 17:03	
Heat: 1/4 Lane : 4 Athlete: BOURDIAUDHY THIBAU							Q-time: 02:31:24	
PB (25m pool): 02:31.24 Zottegem 01/03/2026				PB (50m pool): 02:35.46 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		00:36.05		01:14.23		no time		02:31.24
	00:36.05		00:38.18					
								

Coach feedback:

Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:2, starttime: 17:07	
Heat: 2/4 Lane : 1 Athlete: VAN HOEY BILLIET RAPHAËL							Q-time: 02:30:31	
PB (25m pool): 02:18.84 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:33.37 SB: 02:18.84 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		00:31.93		01:07.58		01:44.00		02:18.84
	00:31.93		00:35.65		00:36.42		00:34.84	
								

Coach feedback: