

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

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

Coaches: Iannino David HEADCOACH

Coaches: Januarius Elke

Coaches: Januarius Bart

Coaches: Leemans Mats

PB => Personal Best time

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 14:39
Heat: 5/10 Lane : 8 Athlete: MECHROUBI YASMINA					Q-time: 01:33:20
PB (25m pool): 01:33.20 Leuven 04/10/2026					PB (50m pool): 01:36.24 SB: 01:33.20 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.39		01:33.20	
		00:43.39		00:49.81	
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:53
Heat: 2/10 Lane : 6 Athlete: TIELEMANS WOLF					Q-time: 01:40:20
PB (25m pool): 01:40.20 Leuven 04/10/2026					PB (50m pool): 01:45.81 SB: 01:40.20 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.56		01:40.20	
		00:49.56		00:50.64	
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:5, starttime: 15:00
Heat: 5/10 Lane : 4 Athlete: LOUCKX TIM					Q-time: 01:32:73
PB (25m pool): 01:34.53 Sint-Pieters-Leeuw 05/10/2025					PB (50m pool): 01:32.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.83		01:34.53	
		00:44.83		00:49.70	
					

Coach feedback:

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Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:7, starttime: 15:04
Heat: 7/10 Lane : 6 Athlete: HAAN ALEXANDER					Q-time: 01:30:36
PB (25m pool): 01:30.36 Leuven 04/10/2026					PB (50m pool): 01:35.26 SB: 01:30.36 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.51		01:30.36	
	00:42.51		00:47.85		
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:4, starttime: 15:27
Heat: 4/4 Lane : 1 Athlete: BAS BRIEK					Q-time: 01:13:70
PB (25m pool): 01:13.70 Leuven 04/10/2026					PB (50m pool): 01:15.57 SB: 01:13.70 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.98		01:13.70	
	00:33.98		00:39.72		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14					Heat:1, starttime: 15:30			
Heat: 1/5 Lane : 6 Athlete: DHONDT ANNELIEN					Q-time: 02:28:75			
PB (25m pool): 02:28.75 Sint-Pieters-Leeuw 01/03/2026					PB (50m pool): 02:29.29 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		00:31.94		01:09.14		no time		02:28.75
	00:31.94		00:37.20					
								

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14					Heat:5, starttime: 15:41			
Heat: 5/5 Lane : 4 Athlete: IANNINO VALENTINA					Q-time: 02:08:44			
PB (25m pool): 02:08.44 Leuven 04/10/2026					PB (50m pool): 02:09.81 SB: 02:08.44 Leuven 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		00:28.74		00:59.97		01:34.14		02:08.44
	00:28.74		00:31.23		00:34.17		00:34.30	
								

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:4, starttime: 16:10
Heat: 4/10 Lane : 4 Athlete: MECHROUBI YASMINA					Q-time: 01:21:65
PB (25m pool): 01:19.92 Sint-Pieters-Leeuw 18/10/2026					PB (50m pool): 01:22.29 SB: 01:19.92 Sint-Pieters-Leeuw 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.06		01:19.92	
	00:39.06		00:40.86		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:2, starttime: 16:28
Heat: 2/10 Lane : 4 Athlete: HAAN ALEXANDER					Q-time: 01:24:39
PB (25m pool): 01:24.39 Leuven 04/10/2026					PB (50m pool): 01:27.80 SB: 01:24.39 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.01		01:24.39	
	00:41.01		00:43.38		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:3, starttime: 16:31
Heat: 3/10 Lane : 3 Athlete: TIELEMANS WOLF					Q-time: 01:23:13
PB (25m pool): 01:21.25 Sint-Pieters-Leeuw 18/10/2026					PB (50m pool): 01:24.66 SB: 01:21.25 Sint-Pieters-Leeuw 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.56		01:21.25	
	00:40.56		00:40.69		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:5, starttime: 16:35
Heat: 5/10 Lane : 7 Athlete: LOUCKX TIM					Q-time: 01:21:60
PB (25m pool): 01:21.60 Temse 17/11/2025					PB (50m pool): 01:21.82 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.97		01:21.60	
	00:39.97		00:41.63		
					

Coach feedback:

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Event number: 49: 50M BUTTERFLY WOMEN 13-14			Heat:3, starttime: 17:19
Heat: 3/4 Lane : 1 Athlete: AELEN BENTE			Q-time: 00:32:10
PB (25m pool): 00:32.10 Leuven 12/10/2025			PB (50m pool): 00:32.26 SB: 00:32.59 Leuven 04/10/2026
	2 5 M	5 0 M	
PB		00:32.10	
		00:32.10	
			

Coach feedback: