

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

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

Coaches: Appeltans Ruth

PB => Personal Best time

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 14:30
Heat: 1/10 Lane : 3 Athlete: DAS AMELIE					Q-time: 01:44:85
PB (25m pool): 01:44.85 Hasselt 04/10/2026					PB (50m pool): 01:47.35 SB: 01:44.85 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.37		01:44.85	
	00:49.37		00:55.48		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:8, starttime: 15:06
Heat: 8/10 Lane : 5 Athlete: PIRARD DRIEK					Q-time: 01:25:82
PB (25m pool): 01:25.82 Hasselt 04/10/2026					PB (50m pool): 01:29.90 SB: 01:25.82 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.89		01:25.82	
	00:40.89		00:44.93		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:5, starttime: 16:12
Heat: 5/10 Lane : 8 Athlete: DAS AMELIE					Q-time: 01:21:62
PB (25m pool): 01:23.60 Hasselt 04/10/2026					PB (50m pool): 01:21.62 SB: 01:23.60 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.65		01:23.60	
	00:40.65		00:42.95		
					

Coach feedback:

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Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:6, starttime: 16:38
Heat: 6/10 Lane : 6 Athlete: PIRARD DRIEK					Q-time: 01:20:08
PB (25m pool): 01:20.08 Hasselt 04/10/2026					PB (50m pool): 01:22.38 SB: 01:20.08 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.58		01:20.08	
	00:39.58		00:40.50		
					

Coach feedback:

Event number: 50: 50M BUTTERFLY MEN 13-14					Heat:2, starttime: 17:23
Heat: 2/3 Lane : 7 Athlete: JAMAR KAMIEL					Q-time: 00:31:18
PB (25m pool): 00:31.18 Hannuit 28/03/2026					PB (50m pool): 00:31.83 SB: no time
	2 5 M	5 0 M			
PB		00:31.18			
	00:31.18				
					

Coach feedback: