

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

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

Coaches: Tilmant Nadège HEADCOACH

Coaches: Mattheus Ibe

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 14:37
Heat: 4/10 Lane : 2 Athlete: ROSSEEL JANNE					Q-time: 01:33:80
PB (25m pool): 01:33.80 Leuven 04/10/2026					PB (50m pool): 01:38.43 SB: 01:33.80 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.71		01:33.80	
	00:43.71		00:50.09		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:2, starttime: 15:33	
Heat: 2/5 Lane : 7 Athlete: MAES JULIE							Q-time: 02:24:42	
PB (25m pool): 02:24.42 LEUVEN 23/11/2025				PB (50m pool): 02:24.60 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		00:33.16		01:10.31		01:48.11		02:24.42
	00:33.16		00:37.15		00:37.80		00:36.31	
								

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14							Heat:5, starttime: 15:56	
Heat: 5/6 Lane : 4 Athlete: NIJS BAS							Q-time: 02:11:81	
PB (25m pool): 02:11.81 Leuven 04/10/2026				PB (50m pool): 02:20.69SB: 02:11.81 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		00:30.56		01:04.29		01:38.95		02:11.81
	00:30.56		00:33.73		00:34.66		00:32.86	
								

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:7, starttime: 16:17
Heat: 7/10 Lane : 4 Athlete: ROSSEEL JANNE					Q-time: 01:17:97
PB (25m pool): 01:17.70 Nijlen 18/10/2026					PB (50m pool): 01:20.70 SB: 01:17.70 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.83		01:17.70	
	00:36.83		00:40.87		
					

Coach feedback: