

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

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

Coaches: Verluyten Philippe

Coaches: Hanssens Yash

Coaches: Michiels Hans HEADCOACH

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 : 6 Athlete: LALOO FÉLINE					Q-time: 01:33:71
PB (25m pool): 01:32.26 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:33.71 SB: 01:32.26 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.21		01:32.26	
	00:44.21		00:48.05		
					

Coach feedback:

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:9, starttime: 14:47
Heat: 9/10 Lane : 3 Athlete: DERRE FLEUR					Q-time: 01:23:84
PB (25m pool): 01:23.84 EEKLO 04/10/2026					PB (50m pool): 01:24.55 SB: 01:23.84 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.75		01:23.84	
	00:39.75		00:44.09		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:4, starttime: 14:58
Heat: 4/10 Lane : 5 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN					Q-time: 01:34:74
PB (25m pool): 01:34.74 EEKLO 04/10/2026					PB (50m pool): 01:36.33 SB: 01:34.74 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.21		01:34.74	
	00:44.21		00:50.53		
					

Coach feedback:

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Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 2 Athlete: STESENS EMMA-LOUISE					Q-time: 01:17:90
PB (25m pool): 01:17.90 Temse 17/11/2025					PB (50m pool): 01:23.27 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.64		01:17.90	
	00:36.64		00:41.26		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:4, starttime: 15:18
Heat: 4/5 Lane : 1 Athlete: VAN BUNDER AMY					Q-time: 01:19:22
PB (25m pool): 01:19.22 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:23.14 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.89		01:19.22	
	00:36.89		00:42.33		
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:2, starttime: 15:24
Heat: 2/4 Lane : 4 Athlete: SCIACCA LEANDRO					Q-time: 01:07:65
PB (25m pool): 01:07.49 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:09.09 SB: 01:07.49 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.81		01:07.49	
	00:31.81		00:35.68		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:5, starttime: 15:41	
Heat: 5/5 Lane : 2 Athlete: VERLUYTEN NIENE							Q-time: 02:15:28	
PB (25m pool): 02:15.28 Eeklo 06/04/2026			PB (50m pool): 02:19.53SB: 02:21.49 Durmechal 27/09/2026					
	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		00:31.26		01:05.30		no time		02:15.28
	00:31.26		00:34.04					
								

Coach feedback:

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Event number: 44: 200M FREESTYLE MEN 13-14							Heat:4, starttime: 15:53	
Heat: 4/6 Lane : 5 Athlete: SCIACCA EMILIO							Q-time: 02:15:55	
PB (25m pool): 02:15.55 Durmehal 27/09/2026				PB (50m pool): 02:20.44 SB: 02:15.55 Durmehal 27/09/2026				
	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		00:31.03		01:04.99		01:40.14		02:15.55
	00:31.03		00:33.96		00:35.15		00:35.41	
								

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12										Heat:1, starttime: 16:02	
Heat: 1/10 Lane : 3 Athlete: LALOO FéLINE										Q-time: 01:26:84	
PB (25m pool): 01:25.48 Sint-Amandsberg 18/10/2026										PB (50m pool): 01:26.84 SB: 01:25.48 Sint-Amandsberg 18/10/2026	
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:42.36				01:25.48				
	00:42.36				00:43.12						
											

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12										Heat:10, starttime: 16:23																																																																
Heat: 10/10															Lane : 1															Athlete: DERRE FLEUR															Q-time: 01:12:49																													
PB (25m pool): 01:12.49															EEKLO 04/10/2026															PB (50m pool): 01:15.29															SB: 01:12.49															EEKLO 04/10/2026														
		2 5 M					5 0 M					7 5 M					1 0 0 M																																																									
PB							00:35.13										01:12.49																																																									
		00:35.13										00:37.36																																																														
																																																																										

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12										Heat:5, starttime: 16:35	
Heat: 5/10 Lane : 1 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN										Q-time: 01:21:64	
PB (25m pool): 01:21.64 Temse 31/05/2026					PB (50m pool): 01:23.57 SB: 01:24.12 Durmehal 27/09/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:40.32				01:21.64				
	00:40.32				00:41.32						
											

Coach feedback:

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Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:3, starttime: 16:56	
Heat: 3/4 Lane : 1 Athlete: STESENS EMMA-LOUISE							Q-time: 02:27:63	
PB (25m pool): 02:27.63 Temse 17/11/2025				PB (50m pool): 02:30.15 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		00:34.59		01:12.55		01:51.08		02:27.63
	00:34.59		00:37.96		00:38.53		00:36.55	
								

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:4, starttime: 17:00	
Heat: 4/4 Lane : 7 Athlete: VERLUYTEN LENI							Q-time: 02:23:39	
PB (25m pool): 02:23.39 EEKLO 04/10/2026				PB (50m pool): 02:28.13 SB: 02:23.39 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		00:33.24		01:09.22		no time		02:23.39
	00:33.24		00:35.98					
								

Coach feedback:

Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:2, starttime: 17:07	
Heat: 2/4 Lane : 5 Athlete: DE JONG STAN							Q-time: 02:23:34	
PB (25m pool): 02:23.34 EEKLO 04/10/2026				PB (50m pool): 02:30.04 SB: 02:23.34 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		00:33.18		01:09.62		no time		02:23.34
	00:33.18		00:36.44					
								

Coach feedback:

Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:3, starttime: 17:11	
Heat: 3/4 Lane : 1 Athlete: SCHRAUWEN BJARNE							Q-time: 02:20:94	
PB (25m pool): 02:20.94 EEKLO 04/10/2026				PB (50m pool): 02:25.37 SB: 02:20.94 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		00:32.09		01:07.68		no time		02:20.94
	00:32.09		00:35.59					
								

Coach feedback:

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Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:4, starttime: 17:14	
Heat: 4/4 Lane : 6 Athlete: MICHIELS SIBE							Q-time: 02:11:40	
PB (25m pool): 02:11.40 TEMSE 23/11/2025				PB (50m pool): 02:13.32 SB: 02:11.54 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		00:30.19		01:03.82		01:38.09		02:11.40
	00:30.19		00:33.63		00:34.27		00:33.31	
								

Coach feedback:

Event number: 49: 50M BUTTERFLY WOMEN 13-14										Heat:4, starttime: 17:20	
Heat: 4/4 Lane : 4 Athlete: VAN BUNDER INEZ										Q-time: 00:29:69	
PB (25m pool): 00:29.69 EEKLO 04/10/2026										PB (50m pool): 00:30.55 SB: 00:29.69 EEKLO 04/10/2026	
	2 5 M		5 0 M								
PB			00:29.69								
			00:29.69								
											

Coach feedback:

Event number: 49: 50M BUTTERFLY WOMEN 13-14										Heat:4, starttime: 17:20	
Heat: 4/4 Lane : 7 Athlete: DEBRABANDERE LEONIE										Q-time: 00:30:80	
PB (25m pool): 00:30.49 Sint-Amandsberg 18/10/2026					PB (50m pool): 00:30.80 SB: 00:30.49 Sint-Amandsberg 18/10/2026						
	2 5 M		5 0 M								
PB			00:30.49								
			00:30.49								
											

Coach feedback:

Event number: 50: 50M BUTTERFLY MEN 13-14										Heat:1, starttime: 17:22	
Heat: 1/3 Lane : 2 Athlete: SCIACCA EMILIO										Q-time: 00:32:64	
PB (25m pool): 00:32.64 EEKLO 04/10/2026										PB (50m pool): 00:33.11 SB: 00:32.64 EEKLO 04/10/2026	
	2 5 M		5 0 M								
PB			00:32.64								
			00:32.64								
											

Coach feedback: