

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

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

Coaches: Dezutter Lore

Coaches: Lowagie Bouwdewijn

Coaches: Bartholomeus Pieter HEADCOACH

PB => Personal Best time

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

| Event number: 39: 100M BREASTSTROKE WOMEN 11-12 |           |           |           |           | Heat:10, starttime: 14:49                              |
|-------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 10/10 Lane : 4 Athlete: LOWAGIE LILY      |           |           |           |           | Q-time: 01:18:75                                       |
| PB (25m pool): 01:18.75 Brugge 04/10/2026       |           |           |           |           | PB (50m pool): 01:20.99 SB: 01:18.75 Brugge 04/10/2026 |
|                                                 | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                              |           | 00:37.48  |           | 01:18.75  |                                                        |
|                                                 | 00:37.48  |           | 00:41.27  |           |                                                        |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 43: 200M FREESTYLE WOMEN 13-14       |           |           |           |           | Heat:1, starttime: 15:30                               |           |           |           |
|----------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|-----------|-----------|-----------|
| Heat: 1/5 Lane : 5 Athlete: BARTHOLOMEUS FLORIANNE |           |           |           |           | Q-time: 02:26:18                                       |           |           |           |
| PB (25m pool): 02:27.26 Menen 01/05/2026           |           |           |           |           | PB (50m pool): 02:26.18 SB: 02:28.53 Brugge 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                                                 |           | 00:35.10  |           | 01:13.27  |                                                        | no time   |           | 02:27.26  |
|                                                    | 00:35.10  |           | 00:38.17  |           |                                                        |           |           |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                                              | . . . . . | . . . . . | . . . . . |

Coach feedback:

| Event number: 45: 100M BACKSTROKE WOMEN 11-12 |           |           |           |           | Heat:9, starttime: 16:21                               |  |  |  |
|-----------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|--|--|--|
| Heat: 9/10 Lane : 7 Athlete: LOWAGIE LILY     |           |           |           |           | Q-time: 01:16:60                                       |  |  |  |
| PB (25m pool): 01:16.60 Brugge 04/10/2026     |           |           |           |           | PB (50m pool): 01:17.48 SB: 01:16.60 Brugge 04/10/2026 |  |  |  |
|                                               | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |  |  |  |
| PB                                            |           | 00:38.24  |           | 01:16.60  |                                                        |  |  |  |
|                                               | 00:38.24  |           | 00:38.36  |           |                                                        |  |  |  |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |  |  |  |

Coach feedback:

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|                                                    |           |           |                                                        |
|----------------------------------------------------|-----------|-----------|--------------------------------------------------------|
| Event number: 49: 50M BUTTERFLY WOMEN 13-14        |           |           | Heat:1, starttime: 17:17                               |
| Heat: 1/4 Lane : 7 Athlete: BARTHOLOMEUS FLORIANNE |           |           | Q-time: 00:34:99                                       |
| PB (25m pool): 00:35.54 Brugge 04/10/2026          |           |           | PB (50m pool): 00:34.99 SB: 00:35.54 Brugge 04/10/2026 |
|                                                    | 2 5 M     | 5 0 M     |                                                        |
| PB                                                 |           | 00:35.54  |                                                        |
|                                                    |           | 00:35.54  |                                                        |
|                                                    | . . . . . | . . . . . |                                                        |

Coach feedback: