

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

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

Coaches: Tieghem Kristof

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Lefever Elisa

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 : 3 Athlete: GHEKIERE JUNE					Q-time: 01:21:46
PB (25m pool): 01:21.46 Brugge 04/10/2026					PB (50m pool): 01:24.22 SB: 01:21.46 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.12		01:21.46	
		00:39.12		00:42.34	
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:6, starttime: 15:02
Heat: 6/10 Lane : 1 Athlete: MOERMAN JASPER					Q-time: 01:32:41
PB (25m pool): 01:32.41 Brugge 04/10/2026					PB (50m pool): 01:35.74 SB: 01:32.41 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.04		01:32.41	
		00:43.04		00:49.37	
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:3, starttime: 15:36	
Heat: 3/5 Lane : 2 Athlete: CASTELEYN YANA							Q-time: 02:21:86	
PB (25m pool): 02:21.86 Ettelbruck 19/04/2026							PB (50m pool): 02:23.93SB: 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		00:33.11		01:09.78		01:45.76		02:21.86
	00:33.11		00:36.67		00:35.98		00:36.10	
								

Coach feedback:

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Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:3, starttime: 15:36	
Heat: 3/5 Lane : 4 Athlete: DELPORTE ELLE							Q-time: 02:20:79	
PB (25m pool): 02:20.79 Ettelbruck 19/04/2026				PB (50m pool): 02:20.31 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		00:32.52		01:08.47		01:45.66		02:20.79
	00:32.52		00:35.95		00:37.19		00:35.13	
								

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14							Heat:1, starttime: 15:45	
Heat: 1/6 Lane : 6 Athlete: STAELEN QUINTEN							Q-time: 02:39:56	
PB (25m pool): 02:39.56 Diksmuide 12/10/2025				PB (50m pool): 02:28.66 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		00:36.00		01:17.27		01:59.55		02:39.56
	00:36.00		00:41.27		00:42.28		00:40.01	
								

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14							Heat:3, starttime: 15:51	
Heat: 3/6 Lane : 6 Athlete: VAN BRABANT BENJAMIN							Q-time: 02:19:54	
PB (25m pool): 02:21.51 Temse 17/11/2025				PB (50m pool): 02:19.54 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		00:31.34		01:06.86		01:44.11		02:21.51
	00:31.34		00:35.52		00:37.25		00:37.40	
								

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12							Heat:9, starttime: 16:21	
Heat: 9/10 Lane : 8 Athlete: GHEKIERE JUNE							Q-time: 01:16:68	
PB (25m pool): 01:16.68 Brugge 04/10/2026				PB (50m pool): 01:21.31 SB: 01:16.68 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.93		01:16.68				
	00:37.93		00:38.75					
								

Coach feedback:

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Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:7, starttime: 16:40
Heat: 7/10 Lane : 4 Athlete: MOERMAN JASPER					Q-time: 01:17:47
PB (25m pool): 01:17.47 Brugge 04/10/2026					PB (50m pool): 01:21.81 SB: 01:17.47 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.81		01:17.47	
	00:37.81		00:39.66		
					

Coach feedback:

Event number: 50: 50M BUTTERFLY MEN 13-14					Heat:2, starttime: 17:23
Heat: 2/3 Lane : 2 Athlete: VAN BRABANT BENJAMIN					Q-time: 00:30:87
PB (25m pool): 00:29.03 Brugge 04/10/2026					PB (50m pool): 00:29.70 SB: 00:29.03 Brugge 04/10/2026
	2 5 M	5 0 M			
PB		00:29.03			
	00:29.03				
					

Coach feedback: