

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

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

Coaches: Bruggemans Suzanne

Coaches: Van den Broeck Karolien HEADCOACH

Coaches: Van Den Broeck Dennis

Coaches: Okens Jari

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 14:39
Heat: 5/10 Lane : 3 Athlete: SEGHERS MILLA					Q-time: 01:31:61
PB (25m pool): 01:31.61 Leuven 04/10/2026					PB (50m pool): 01:34.87 SB: 01:31.61 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.15		01:31.61	
	00:44.15		00:47.46		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 14:51
Heat: 1/10 Lane : 6 Athlete: LAUWENS FINN					Q-time: 01:44:56
PB (25m pool): 01:48.32 Tienen 26/10/2025					PB (50m pool): 01:44.56 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.18		01:48.32	
	00:52.18		00:56.14		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:9, starttime: 15:08
Heat: 9/10 Lane : 6 Athlete: DE ROOS KASPER					Q-time: 01:23:74
PB (25m pool): 01:23.74 Leuven 04/10/2026					PB (50m pool): 01:24.29 SB: 01:23.74 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.24		01:23.74	
	00:39.24		00:44.50		
					

Coach feedback:

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Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:1, starttime: 15:22
Heat: 1/4 Lane : 5 Athlete: VAN LOON BAS					Q-time: 01:15:72
PB (25m pool): 01:15.72 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:18.05 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.64		01:15.72	
	00:35.64		00:40.08		
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:4, starttime: 15:27
Heat: 4/4 Lane : 6 Athlete: BAKX WARRE					Q-time: 01:10:66
PB (25m pool): 01:10.66 Leuven 04/10/2026 PB (50m pool): 01:14.78 SB: 01:10.66 Leuven 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.07		01:10.66	
	00:33.07		00:37.59		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:1, starttime: 15:30	
Heat: 1/5 Lane : 3 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 02:26:78	
PB (25m pool): 02:26.78 Meise 21/06/2026							PB (50m pool): 02:29.66 SB: 02:29.69 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		00:37.47		01:10.96		no time		02:26.78
	00:37.47		00:33.49					
								

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:2, starttime: 15:33	
Heat: 2/5 Lane : 8 Athlete: NUYTKENS MARIE							Q-time: 02:24:91	
PB (25m pool): 02:24.91 Dilbeek 10/05/2026							PB (50m pool): 02:29.03SB: 02:25.07 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		00:33.07		01:10.03		no time		02:24.91
	00:33.07		00:36.96					
								

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:5, starttime: 16:12
Heat: 5/10 Lane : 6 Athlete: SEGHERS MILLA					Q-time: 01:21:22
PB (25m pool): 01:21.22 Leuven 04/10/2026					PB (50m pool): 01:23.56 SB: 01:21.22 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.79		01:21.22	
	00:39.79		00:41.43		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:2, starttime: 16:28
Heat: 2/10 Lane : 5 Athlete: LAUWENS FINN					Q-time: 01:24:49
PB (25m pool): 01:24.49 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:24.58 SB: 01:26.33 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.30		01:24.49	
	00:41.30		00:43.19		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:7, starttime: 16:40
Heat: 7/10 Lane : 7 Athlete: DE ROOS KASPER					Q-time: 01:18:77
PB (25m pool): 01:18.94 Bastogne 05/04/2026					PB (50m pool): 01:18.77 SB: 01:20.37 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.26		01:18.94	
	00:38.26		00:40.68		
					

Coach feedback: