

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

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

Coaches: Loeman Efiennia

Coaches: Mertens Tijl

Coaches: Wauters Tine HEADCOACH

Coaches: Janssen Koen

Coaches: Jacobs Karen

Coaches: Callebaut Joris

Coaches: Verbinnen Nadine

Coaches: Schepens Koen

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 : 8 Athlete: SALAETS TESS					Q-time: 01:34:31
PB (25m pool): 01:34.31 Leuven 04/10/2026					PB (50m pool): 01:37.81 SB: 01:34.31 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.95		01:34.31	
	00:43.95		00:50.36		
					

Coach feedback:

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 14:39
Heat: 5/10 Lane : 2 Athlete: BELIAEV EMILY					Q-time: 01:31:87
PB (25m pool): 01:31.96 Leuven 04/10/2026					PB (50m pool): 01:31.87 SB: 01:31.96 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.39		01:31.96	
	00:44.39		00:47.57		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:5, starttime: 15:00
Heat: 5/10 Lane : 7 Athlete: SOENS JACK					Q-time: 01:33:68
PB (25m pool): 01:33.68 Leuven 04/10/2026					PB (50m pool): 01:37.49 SB: 01:33.68 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.50		01:33.68	
	00:44.50		00:49.18		
					

Coach feedback:

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

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 1 Athlete: DECALUWé HELENA					Q-time: 01:19:53
PB (25m pool): 01:19.53 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:24.43 SB: 01:21.56 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.21		01:19.53	
	00:37.21		00:42.32		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:3, starttime: 15:16
Heat: 3/5 Lane : 6 Athlete: UYTTERHOEVEN FLO					Q-time: 01:17:31
PB (25m pool): 01:17.31 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:19.50 SB: 01:19.80 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.81		01:17.31	
	00:35.81		00:41.50		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:5, starttime: 15:20
Heat: 5/5 Lane : 3 Athlete: VERELST LAURA					Q-time: 01:15:60
PB (25m pool): 01:15.60 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:17.43 SB: 01:17.74 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.41		01:15.60	
	00:35.41		00:40.19		
					

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:3, starttime: 15:36	
Heat: 3/5 Lane : 7 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:21:87	
PB (25m pool): 02:21.87 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:25.55 SB: 02:23.62 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		00:32.98		01:09.16		no time		02:21.87
	00:32.98		00:36.18					
								

Coach feedback:

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

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:3, starttime: 16:07
Heat: 3/10 Lane : 3 Athlete: BELIAEV EMILY					Q-time: 01:23:24
PB (25m pool): 01:23.24 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:26.56 SB: 01:24.09 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.60		01:23.24	
	00:41.60		00:41.64		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:8, starttime: 16:19
Heat: 8/10 Lane : 3 Athlete: BOND MAYA					Q-time: 01:16:94
PB (25m pool): 01:16.94 Leuven 04/10/2026					PB (50m pool): 01:19.67 SB: 01:16.94 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.99		01:16.94	
	00:36.99		00:39.95		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:9, starttime: 16:45
Heat: 9/10 Lane : 3 Athlete: SOENS JACK					Q-time: 01:14:50
PB (25m pool): 01:14.50 Leuven 04/10/2026					PB (50m pool): 01:17.90 SB: 01:14.50 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.74		01:14.50	
	00:36.74		00:37.76		
					

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:2, starttime: 16:53	
Heat: 2/4 Lane : 3 Athlete: BOHMER JANNE							Q-time: 02:30:54	
PB (25m pool): 02:30.54 Leuven 04/10/2026				PB (50m pool): 02:34.89SB: 02:30.54 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		00:36.52		01:15.02		01:53.82		02:30.54
	00:36.52		00:38.50		00:38.80		00:36.72	
								

Coach feedback:

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

Event number: 49: 50M BUTTERFLY WOMEN 13-14			Heat:2, starttime: 17:18
Heat: 2/4 Lane : 1 Athlete: JANSSEN LUCY			Q-time: 00:33:28
PB (25m pool): 00:33.28 Herentals 09/05/2026			PB (50m pool): 00:34.57 SB: no time
	2 5 M	5 0 M	
PB		00:33.28	
		00:33.28	
			

Coach feedback:

Event number: 50: 50M BUTTERFLY MEN 13-14			Heat:1, starttime: 17:22
Heat: 1/3 Lane : 1 Athlete: SCHEPENS TOOR			Q-time: 00:33:25
PB (25m pool): 00:33.99 Herentals 09/05/2026			PB (50m pool): 00:33.25 SB: no time
	2 5 M	5 0 M	
PB		00:33.99	
		00:33.99	
			

Coach feedback: