

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

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

Coaches: Vereecken Sven HEADCOACH

Coaches: Dillen Toon

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 : 7 Athlete: DE RIDDER ROXANE					Q-time: 01:33:84
PB (25m pool): 01:33.15 Nijlen 18/10/2026					PB (50m pool): 01:39.52 SB: 01:33.15 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.15		01:33.15	
	00:44.15		00:49.00		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 14:51
Heat: 1/10 Lane : 4 Athlete: RAMSDONCK KRIS					Q-time: 01:42:73
PB (25m pool): 01:42.73 Mol 04/10/2026					PB (50m pool): 01:59.22 SB: 01:42.73 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.65		01:42.73	
	00:48.65		00:54.08		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:9, starttime: 15:08
Heat: 9/10 Lane : 4 Athlete: MAES MATHIJS					Q-time: 01:22:56
PB (25m pool): 01:22.02 Nijlen 18/10/2026					PB (50m pool): 01:22.56 SB: 01:22.02 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.72		01:22.02	
	00:38.72		00:43.30		
					

Coach feedback:

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Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:3, starttime: 15:36	
Heat: 3/5 Lane : 3 Athlete: VAN TILBURG FRAUKE							Q-time: 02:21:49	
PB (25m pool): 02:21.49 Mol 04/10/2026				PB (50m pool): 02:25.40 SB: 02:21.49 Mol 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		00:32.61		01:08.73		01:44.97		02:21.49
	00:32.61		00:36.12		00:36.24		00:36.52	
								

Coach feedback:

Event number: 43: 200M FREESTYLE WOMEN 13-14							Heat:3, starttime: 15:36	
Heat: 3/5 Lane : 6 Athlete: BOOGERS NOOR							Q-time: 02:21:63	
PB (25m pool): 02:21.63 Mol 04/10/2026				PB (50m pool): 02:25.02 SB: 02:21.63 Mol 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		00:32.44		01:08.25		01:45.60		02:21.63
	00:32.44		00:35.81		00:37.35		00:36.03	
								

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12							Heat:9, starttime: 16:21	
Heat: 9/10 Lane : 1 Athlete: DE RIDDER ROXANE							Q-time: 01:16:67	
PB (25m pool): 01:16.67 Mol 04/10/2026				PB (50m pool): 01:20.16 SB: 01:16.67 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:36.70		01:16.67				
	00:36.70		00:39.97					
								

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12							Heat:5, starttime: 16:35			
Heat: 5/10 Lane : 3 Athlete: RAMSDONCK KRIS							Q-time: 01:20:96			
PB (25m pool): 01:20.81 Nijlen 18/10/2026				PB (50m pool): 01:22.39SB: 01:20.81 Nijlen 18/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:39.06				01:20.81			
	00:39.06				00:41.75					
										

Coach feedback:

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Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:9, starttime: 16:45
Heat: 9/10 Lane : 2 Athlete: MAES MATHIJS					Q-time: 01:15:06
PB (25m pool): 01:15.06 Herentals 09/05/2026					PB (50m pool): 01:18.39 SB: 01:15.52 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.42		01:15.06	
	00:36.42		00:38.64		
					

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:2, starttime: 16:53	
Heat: 2/4 Lane : 1 Athlete: VANLOMMEL LUISA VALENTINA							Q-time: 02:32:27	
PB (25m pool): 02:32.27 Mol 04/10/2026				PB (50m pool): 02:38.99SB: 02:32.27 Mol 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		00:36.16		01:14.32		01:53.74		02:32.27
	00:36.16		00:38.16		00:39.42		00:38.53	
								

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:2, starttime: 16:53	
Heat: 2/4 Lane : 8 Athlete: MAES JULIE							Q-time: 02:32:64	
PB (25m pool): 02:32.64 Mol 04/10/2026				PB (50m pool): 02:40.43 SB: 02:32.64 Mol 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		00:35.35		01:14.54		01:54.07		02:32.64
	00:35.35		00:39.19		00:39.53		00:38.57	
								

Coach feedback: