

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

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

Coaches: De Herdt An

Coaches: De Weerdt Koen

Coaches: De Belder Nathalie

Coaches: Jacob Sven

Coaches: Gijsemans Liesbet

Coaches: Wijsgeer Jan HEADCOACH

PB => Personal Best time

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:7, starttime: 14:43
Heat: 7/10 Lane : 8 Athlete: VAN BREEDAM LENA					Q-time: 01:30:42
PB (25m pool): 01:30.42 Herentals 09/05/2026					PB (50m pool): 01:31.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.35		01:30.42	
	00:42.35		00:48.07		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:1, starttime: 15:12
Heat: 1/5 Lane : 5 Athlete: VAN REETH LIEZE					Q-time: 01:25:08
PB (25m pool): 01:25.08 Temse 17/11/2025					PB (50m pool): 01:26.97 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.07		01:25.08	
	00:40.07		00:45.01		
					

Coach feedback:

Event number: 41: 100M BREASTSTROKE WOMEN 15-16					Heat:2, starttime: 15:14
Heat: 2/5 Lane : 3 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 01:21:44
PB (25m pool): 01:21.44 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:25.12 SB: 01:22.65 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.84		01:21.44	
	00:38.84		00:42.60		
					

Coach feedback:

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Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:2, starttime: 15:24
Heat: 2/4 Lane : 6 Athlete: JACOB QINGKUN					Q-time: 01:10:91
PB (25m pool): 01:10.91 Nijlen 01/03/2026					PB (50m pool): 01:13.84 SB: 01:12.51 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.38		01:10.91	
	00:33.38		00:37.53		
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:3, starttime: 15:26
Heat: 3/4 Lane : 3 Athlete: MERTENS GERBEN					Q-time: 01:10:29
PB (25m pool): 01:10.64 Mol 04/10/2026					PB (50m pool): 01:10.29 SB: 01:10.64 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.43		01:10.64	
	00:33.43		00:37.21		
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:3, starttime: 15:26
Heat: 3/4 Lane : 4 Athlete: WIJSGEER VIKTOR					Q-time: 01:07:37
PB (25m pool): 01:07.37 Mol 04/10/2026					PB (50m pool): 01:09.17 SB: 01:07.37 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.43		01:07.37	
	00:31.43		00:35.94		
					

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14							Heat:1, starttime: 15:45	
Heat: 1/6 Lane : 5 Athlete: MARIN ALEXANDRU							Q-time: 02:28:77	
PB (25m pool): 02:30.27 Nijlen 01/03/2026				PB (50m pool): 02:28.77 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		00:34.83		01:13.63		no time		02:30.27
	00:34.83		00:38.80					
								

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:6, starttime: 16:14
Heat: 6/10 Lane : 2 Athlete: VAN BREEDAM LENA					Q-time: 01:19:74
PB (25m pool): 01:19.74 Herentals 09/05/2026					PB (50m pool): 01:23.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.18		01:19.74	
	00:39.18		00:40.56		
					

Coach feedback:

Event number: 50: 50M BUTTERFLY MEN 13-14					Heat:1, starttime: 17:22
Heat: 1/3 Lane : 6 Athlete: MARIN ALEXANDRU					Q-time: 00:32:17
PB (25m pool): 00:32.17 Hoogstraten 27/09/2026					PB (50m pool): 00:32.67 SB: 00:32.17 Hoogstraten 27/09/2026
	2 5 M	5 0 M			
PB		00:32.17			
	00:32.17				
					

Coach feedback: