

VJK KB Diksmuide 26: Session: 5: COACH evaluation sheet for TEAM: BRABO

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:3, starttime: 09:14	
Heat: 3/3 Lane : 7 Athlete: LEPAGE AMÉLIE							Q-time: 02:46:07	
PB (25m pool): 02:46.71 Antwerpen 12/10/2025							PB (50m pool): 02:46.07 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		00:36.50		01:19.63		02:03.74		02:46.71
	00:36.50		00:43.13		00:44.11		00:42.97	
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12							Heat:2, starttime: 09:20	
Heat: 2/9 Lane : 4 Athlete: EGGERMONT OLIVER							Q-time: 01:32:82	
PB (25m pool): no time							PB (50m pool): 01:32.82 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		no time				
	no time							
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12							Heat:4, starttime: 09:24			
Heat: 4/9 Lane : 4 Athlete: LENAERTS JOPPE							Q-time: 01:26:26			
PB (25m pool): 01:22.56 Sint-Amandsberg 18/10/2026							PB (50m pool): 01:30.00SB: 01:22.56 Sint-Amandsberg 18/10/2026			
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:36.93				01:22.56			
	00:36.93				00:45.63					
										

Coach feedback:

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Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:4, starttime: 09:24
Heat: 4/9 Lane : 8 Athlete: VERSCHEURE LARS					Q-time: 01:28:18
PB (25m pool): no time			PB (50m pool): 01:28.18 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:5, starttime: 09:26
Heat: 5/9 Lane : 2 Athlete: BOGAERT ISAAC					Q-time: 01:25:41
PB (25m pool): 01:25.41 Groenenhoek Berchem 10/10/2026			PB (50m pool): 01:32.44 SB: 01:25.41 Groenenhoek Berchem 10/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.50		01:25.41	
	00:38.50 00:46.91				
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:6, starttime: 09:28
Heat: 6/9 Lane : 2 Athlete: ROOSEN MATHIJS					Q-time: 01:21:67
PB (25m pool): 01:24.23 Herentals 09/05/2026			PB (50m pool): 01:21.67 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.11		01:24.23	
	00:38.11 00:46.12				
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:2, starttime: 09:38
Heat: 2/10 Lane : 3 Athlete: CORTEN ELENA					Q-time: 01:31:56
PB (25m pool): 01:31.56 Kapellen 21/12/2025			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.91		01:31.56	
	00:41.91 00:49.65				
					

Coach feedback:

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Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:2, starttime: 09:38
Heat: 2/10 Lane : 6 Athlete: SCHOOF ELISE					Q-time: 01:31:88
PB (25m pool): 01:31.88 Kapellen 21/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.93		01:31.88	
	00:41.93		00:49.95		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:3, starttime: 09:40
Heat: 3/10 Lane : 4 Athlete: VANDENVEN SAAR					Q-time: 01:29:13
PB (25m pool): 01:28.64 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:32.52 SB: 01:28.64 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.61		01:28.64	
	00:39.61		00:49.03		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:5, starttime: 09:44
Heat: 5/10 Lane : 6 Athlete: DE WIT FLORE					Q-time: 01:26:76
PB (25m pool): 01:26.59 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:28.15 SB: 01:26.59 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.38		01:26.59	
	00:39.38		00:47.21		
					

Coach feedback:

Event number: 55: 400M MEDLEY MEN 13-14							Heat:2, starttime: 10:02
Heat: 2/2 Lane : 8 Athlete: APERS REDA							Q-time: 05:22:75
PB (25m pool): 05:22.75 Mol 04/10/2026				PB (50m pool): 05:31.79 SB: 05:22.75 Mol 04/10/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M 2 0 0 M
PB		00:35.08		01:16.74		01:58.64	02:39.62
	00:35.08		00:41.66		00:41.90		00:40.98
							
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5 4 0 0 M
PB		03:23.59		04:09.07		04:47.24	05:22.75
	00:43.97		00:45.48		00:38.17		00:35.51
							

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Event number: 56: 400M MEDLEY WOMEN 13-14							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 5 Athlete: MOR IRIS							Q-time: 05:19:97	
PB (25m pool): 05:30.81 Kapellen 21/12/2025				PB (50m pool): 05:19.97 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:19.31		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:30.81
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12							Heat:2, starttime: 10:37			
Heat: 2/10 Lane : 2 Athlete: MICHIELS VINCE							Q-time: 01:13:20			
PB (25m pool): 01:13.20 Mol 04/10/2026				PB (50m pool): 01:14.04 SB: 01:13.20 Mol 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:35.43				01:13.20			
	00:35.43				00:37.77					
										

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12										Heat:2, starttime: 10:37	
Heat: 2/10 Lane : 8 Athlete: EGGERMONT OLIVER										Q-time: 01:14:33	
PB (25m pool): 01:14.33 Mol 04/10/2026					PB (50m pool): 01:17.22 SB: 01:14.33 Mol 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:35.96				01:14.33				
	00:35.96				00:38.37						
											

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:3, starttime: 10:39
Heat: 3/10 Lane : 1 Athlete: BOGAERT ISAAC					Q-time: 01:12:59
PB (25m pool): 01:12.59 Groenenhoek Berchem 10/10/2026					PB (50m pool): 01:17.20 SB: 01:12.59 Groenenhoek Berchem 10/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.92		01:12.59	
	00:34.92		00:37.67		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:4, starttime: 10:40
Heat: 4/10 Lane : 4 Athlete: TSERING WANGCHUK LHAKSAM					Q-time: 01:10:83
PB (25m pool): 01:10.56 Nijlen 18/10/2026					PB (50m pool): 01:11.61 SB: 01:10.56 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.28		01:10.56	
	00:33.28		00:37.28		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:5, starttime: 10:42
Heat: 5/10 Lane : 2 Athlete: ROOSEN MATHIJS					Q-time: 01:10:27
PB (25m pool): 01:10.58 Mol 04/10/2026					PB (50m pool): 01:10.27 SB: 01:10.58 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.13		01:10.58	
	00:33.13		00:37.45		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:5, starttime: 10:42
Heat: 5/10 Lane : 3 Athlete: VERSCHEURE LARS					Q-time: 01:09:97
PB (25m pool): 01:09.97 Groenenhoek Berchem 10/10/2026					PB (50m pool): 01:11.24 SB: 01:09.97 Groenenhoek Berchem 10/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.12		01:09.97	
	00:34.12		00:35.85		
					

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:6, starttime: 10:44
Heat: 6/10 Lane : 4 Athlete: LENAERTS JOPPE					Q-time: 01:08:72
PB (25m pool): 01:08.72 Mol 04/10/2026					PB (50m pool): 01:09.81 SB: 01:08.72 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.13		01:08.72	
	00:32.13		00:36.59		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:1, starttime: 10:52
Heat: 1/10 Lane : 5 Athlete: SCHOOFS ELISE					Q-time: 01:13:11
PB (25m pool): 01:12.16 Nijlen 18/10/2026					PB (50m pool): 01:13.96 SB: 01:12.16 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.23		01:12.16	
	00:34.23		00:37.93		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:3, starttime: 10:56
Heat: 3/10 Lane : 3 Athlete: VANDENVEN SAAR					Q-time: 01:11:77
PB (25m pool): 01:11.77 Mol 04/10/2026					PB (50m pool): 01:13.24 SB: 01:11.77 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.38		01:11.77	
	00:34.38		00:37.39		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:4, starttime: 10:57
Heat: 4/10 Lane : 5 Athlete: CORTEN ELENA					Q-time: 01:11:14
PB (25m pool): 01:10.99 Nijlen 18/10/2026					PB (50m pool): 01:11.45 SB: 01:10.99 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.01		01:10.99	
	00:34.01		00:36.98		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:8, starttime: 11:04
Heat: 8/10 Lane : 2 Athlete: DE WIT FLORE					Q-time: 01:07:54
PB (25m pool): 01:07.49 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:09.44 SB: 01:07.49 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.79		01:07.49	
	00:32.79		00:34.70		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:3, starttime: 11:17	
Heat: 3/5 Lane : 1 Athlete: MICHELS LINUS							Q-time: 02:35:66	
PB (25m pool): 02:35.66 Mol 04/10/2026				PB (50m pool): 02:39.31 SB: 02:35.66 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		00:36.07		01:15.64		01:55.94		02:35.66
	00:36.07		00:39.57		00:40.30		00:39.72	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:2, starttime: 11:31	
Heat: 2/5 Lane : 3 Athlete: BAHLOULA ANISSA							Q-time: 02:41:50	
PB (25m pool): 02:41.50 Temse 17/11/2025				PB (50m pool): 02:42.01 SB: 02:41.67 Groenenhoek Berchem 10/10/2026				
	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		00:37.27		01:17.88		02:00.12		02:41.50
	00:37.27		00:40.61		00:42.24		00:41.38	
								

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16					Heat:1, starttime: 11:46
Heat: 1/4 Lane : 2 Athlete: KERSTENS BAVO					Q-time: 01:08:83
PB (25m pool): 01:08.83 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.32		01:08.83	
	00:31.32		00:37.51		
					

Coach feedback:

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Event number: 63: 100M MEDLEY MEN 15-16					Heat:1, starttime: 11:46
Heat: 1/4 Lane : 7 Athlete: DA SILVA CAMARATE SHAWN					Q-time: 01:10:17
PB (25m pool): 01:10.17 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.50		01:10.17	
	00:32.50		00:37.67		
					

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16					Heat:2, starttime: 11:47
Heat: 2/4 Lane : 3 Athlete: BOGAERS THOMAS					Q-time: 01:03:03
PB (25m pool): 01:03.03 Hoogstraten 28/09/2025 PB (50m pool): no time SB: 01:03.32 Mol 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:03.03	
	no time				
					

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16					Heat:4, starttime: 11:51
Heat: 4/4 Lane : 5 Athlete: VOLDERS ARNE					Q-time: 01:00:00
PB (25m pool): 01:00.00 Herentals 09/05/2026 PB (50m pool): no time SB: 01:00.92 Mol 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.14		01:00.00	
	00:27.14		00:32.86		
					

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:2, starttime: 11:55
Heat: 2/5 Lane : 3 Athlete: VAN DEN BOSCH ELISE					Q-time: 01:13:52
PB (25m pool): 01:13.52 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.75		01:13.52	
	00:33.75		00:39.77		
					

Coach feedback: