

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

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

Coaches: Maene Stefaan HEADCOACH

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:9, starttime: 09:34
Heat: 9/9 Lane : 5 Athlete: VERSTRAETE HENRI					Q-time: 01:10:20
PB (25m pool): 01:10.20 Zwevegem 31/05/2026					PB (50m pool): 01:10.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.76		01:10.20	
		00:32.76		00:37.44	
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:1, starttime: 09:36
Heat: 1/10 Lane : 3 Athlete: LALOO PAULINE					Q-time: 01:41:48
PB (25m pool): 01:41.48 leper 04/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.76		01:41.48	
		00:43.76		00:57.72	
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:6, starttime: 09:46
Heat: 6/10 Lane : 8 Athlete: CALLEWAERT ANTHE					Q-time: 01:26:42
PB (25m pool): 01:36.99 leper 04/01/2026					PB (50m pool): 01:26.42 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.31		01:36.99	
		00:46.31		00:50.68	
					

Coach feedback:

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Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:9, starttime: 09:52
Heat: 9/10 Lane : 3 Athlete: DEWITTE ELISE					Q-time: 01:17:55
PB (25m pool): 01:19.20 Diksmuide 28/12/2025					PB (50m pool): 01:17.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.05		01:19.20	
	00:36.05		00:43.15		
					

Coach feedback:

Event number: 56: 400M MEDLEY WOMEN 13-14					Heat:1, starttime: 10:09			
Heat: 1/2 Lane : 4 Athlete: KIELB KORNELIA					Q-time: 05:37:11			
PB (25m pool): 05:37.11 Brugge 04/10/2026					PB (50m pool): 06:05.50 SB: 05:37.11 Brugge 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		00:35.71		01:17.30		02:01.04		02:44.43
	00:35.71		00:41.59		00:43.74		00:43.39	
								
	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		03:32.68		04:22.32		05:00.72		05:37.11
	00:48.25		00:49.64		00:38.40		00:36.39	
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:10, starttime: 10:50			
Heat: 10/10 Lane : 4 Athlete: VERSTRAETE HENRI					Q-time: 01:00:55			
PB (25m pool): 01:00.55 Brugge 04/10/2026					PB (50m pool): 01:02.29 SB: 01:00.55 Brugge 04/10/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:29.18		01:00.55				
	00:29.18		00:31.37					
								

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:6, starttime: 11:01
Heat: 6/10 Lane : 7 Athlete: CALLEWAERT ANTHE					Q-time: 01:09:95
PB (25m pool): 01:09.95 Brugge 04/10/2026					PB (50m pool): 01:10.64 SB: 01:09.95 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.56		01:09.95	
	00:33.56		00:36.39		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:10, starttime: 11:07
Heat: 10/10 Lane : 4 Athlete: DEWITTE ELISE					Q-time: 01:02:64
PB (25m pool): 01:02.64 Brugge 04/10/2026					PB (50m pool): 01:03.61 SB: 01:02.64 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.57		01:02.64	
	00:29.57		00:33.07		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:10, starttime: 11:07
Heat: 10/10 Lane : 8 Athlete: LALOO PAULINE					Q-time: 01:05:61
PB (25m pool): 01:05.61 Brugge 04/10/2026					PB (50m pool): 01:10.29 SB: 01:05.61 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.37		01:05.61	
	00:31.37		00:34.24		
					

Coach feedback: