

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

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

Coaches: Smeets Mirthe

Coaches: Broux Yves

PB => Personal Best time

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

Event number: 53: 100M BUTTERFLY MEN 11-12 Heat:3, starttime: 09:22

Heat: 3/9 Lane : 5 Athlete: VANRUSSELT RAFAËL Q-time: 01:28:27

PB (25m pool): 01:28.27 Bree 31/05/2026 PB (50m pool): 01:30.93 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.03		01:28.27	
		00:40.03		00:48.24	
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12 Heat:3, starttime: 09:22

Heat: 3/9 Lane : 7 Athlete: KÄHLER MATHIAS Q-time: 01:32:31

PB (25m pool): 01:27.39 Nijlen 18/10/2026 PB (50m pool): 01:45.21 SB: 01:27.39 Nijlen 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.74		01:27.39	
		00:39.74		00:47.65	
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12 Heat:9, starttime: 09:52

Heat: 9/10 Lane : 7 Athlete: VANHEES HANNAH Q-time: 01:19:21

PB (25m pool): 01:19.21 Pelt 27/09/2026 PB (50m pool): 01:22.19 SB: 01:19.21 Pelt 27/09/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.30		01:19.21	
		00:36.30		00:42.91	
					

Coach feedback:

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Event number: 55: 400M MEDLEY MEN 13-14							Heat:1, starttime: 09:56	
Heat: 1/2 Lane : 4 Athlete: TORDEUR KILIAN							Q-time: 05:22:85	
PB (25m pool): 05:22.85 Hasselt 04/10/2026				PB (50m pool): no time SB: 05:22.85 Hasselt 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		00:34.65		01:16.83		01:57.83		02:37.58
	00:34.65		00:42.18		00:41.00		00:39.75	
								
	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		03:23.71		04:10.11		04:47.37		05:22.85
	00:46.13		00:46.40		00:37.26		00:35.48	
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12							Heat:2, starttime: 10:37	
Heat: 2/10 Lane : 7 Athlete: VANRUSSELT RAFAËL							Q-time: 01:13:39	
PB (25m pool): 01:13.39 Oberhausen 03/05/2026				PB (50m pool): 01:15.41 SB: 01:14.24 Hasselt 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.85		01:13.39				
	00:34.85		00:38.54					
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12							Heat:3, starttime: 10:39	
Heat: 3/10 Lane : 8 Athlete: KÄHLER MATHIAS							Q-time: 01:12:64	
PB (25m pool): 01:12.64 Hasselt 04/10/2026				PB (50m pool): 01:13.26 SB: 01:12.64 Hasselt 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.10		01:12.64				
	00:35.10		00:37.54					
								

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:9, starttime: 11:06
Heat: 9/10 Lane : 5 Athlete: VANHEES HANNAH					Q-time: 01:05:96
PB (25m pool): 01:05.16 Nijlen 18/10/2026					PB (50m pool): 01:05.96 SB: 01:05.16 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.66		01:05.16	
	00:31.66		00:33.50		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:3, starttime: 11:17	
Heat: 3/5 Lane : 3 Athlete: TORDEUR KILIAN							Q-time: 02:32:39	
PB (25m pool): 02:32.39 Aarschot 26/04/2026							PB (50m pool): 02:35.51 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		00:35.86		01:14.79		01:53.65		02:32.39
	00:35.86		00:38.93		00:38.86		00:38.74	
								

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:4, starttime: 11:58
Heat: 4/5 Lane : 1 Athlete: LUTS EMILIA					Q-time: 01:11:90
PB (25m pool): 01:11.90 Aarschot 04/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:11.90	
	no time				
					

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:4, starttime: 11:58
Heat: 4/5 Lane : 4 Athlete: VERVLOET ZOé					Q-time: 01:05:69
PB (25m pool): 01:05.69 Gent 09/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.01		01:05.69	
	00:30.01		00:35.68		
					

Coach feedback: