

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

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

Coaches: Gullentops Axel

Coaches: Pieters Jana

Coaches: Crauwels Loesje HEADCOACH

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

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:3, starttime: 09:40
Heat: 3/10 Lane : 2 Athlete: VAN ROMPAEY LORE					Q-time: 01:30:29
PB (25m pool): 01:30.29 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		00:40.57		01:30.29	
	00:40.57		00:49.72		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:5, starttime: 09:44
Heat: 5/10 Lane : 8 Athlete: ROZIERIS LILY					Q-time: 01:27:16
PB (25m pool): 01:22.71 Nijlen 18/10/2026 PB (50m pool): 01:27.23 SB: 01:22.71 Nijlen 18/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.82		01:22.71	
	00:38.82		00:43.89		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:2, starttime: 10:54
Heat: 2/10 Lane : 8 Athlete: ROZIERIS LILY					Q-time: 01:12:62
PB (25m pool): 01:12.62 Mol 04/10/2026 PB (50m pool): 01:16.22 SB: 01:12.62 Mol 04/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.04		01:12.62	
	00:35.04		00:37.58		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:3, starttime: 10:56
Heat: 3/10 Lane : 4 Athlete: VAN ROMPAEY LORE					Q-time: 01:11:49
PB (25m pool): 01:11.19 Nijlen 18/10/2026					PB (50m pool): 01:11.49 SB: 01:11.19 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.29		01:11.19	
	00:34.29		00:36.90		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:1, starttime: 11:09	
Heat: 1/5 Lane : 3 Athlete: VERBEEK MATTS							Q-time: 02:43:58	
PB (25m pool): 02:43.58 Tremelo 24/05/2026							PB (50m pool): 02:49.11 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		00:39.05		01:20.58		no time		02:43.58
	00:39.05		00:41.53					
								

Coach feedback: