

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

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

Coaches: Mulkers Lander HEADCOACH

PB => Personal Best time

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

Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:2, starttime: 09:11	
Heat: 2/3 Lane : 1 Athlete: BEUNCKENS TESS							Q-time: 02:59:28	
PB (25m pool): 02:57.67 3500 Hasselt 18/10/2026				PB (50m pool): 03:09.25SB: 02:57.67 3500 Hasselt 18/10/2026				
	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		00:40.64		01:25.53		02:11.30		02:57.67
	00:40.64		00:44.89		00:45.77		00:46.37	
								

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12							Heat:4, starttime: 09:42	
Heat: 4/10 Lane : 2 Athlete: BEVERNAGE TRIX						Q-time: 01:28:10		
PB (25m pool): 01:28.10 Eindhoven 28/06/2026				PB (50m pool): 01:28.16SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:41.25		01:28.10				
	00:41.25		00:46.85					
								

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12							Heat:9, starttime: 09:52	
Heat: 9/10 Lane : 4 Athlete: CLAESSENS ISA-BEAU						Q-time: 01:15:64		
PB (25m pool): 01:17.06 Pelt 27/09/2026				PB (50m pool): 01:15.64 SB: 01:17.06 Pelt 27/09/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.92		01:17.06				
	00:34.92		00:42.14					
								

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:6, starttime: 11:01
Heat: 6/10 Lane : 3 Athlete: BEVERNAGE TRIX					Q-time: 01:08:94
PB (25m pool): 01:08.94 Hasselt 04/10/2026					PB (50m pool): 01:10.98 SB: 01:08.94 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.11		01:08.94	
	00:34.11		00:34.83		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:9, starttime: 11:06
Heat: 9/10 Lane : 8 Athlete: CLAESSENS ISA-BEAU					Q-time: 01:06:94
PB (25m pool): 01:06.94 Hasselt 04/10/2026					PB (50m pool): 01:07.86 SB: 01:06.94 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.31		01:06.94	
	00:32.31		00:34.63		
					

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16					Heat:4, starttime: 11:51
Heat: 4/4 Lane : 3 Athlete: VANGROOTLOON JEF					Q-time: 01:01:80
PB (25m pool): 01:01.80 Hasselt 04/10/2026					PB (50m pool): no time SB: 01:01.80 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.33		01:01.80	
	00:28.33		00:33.47		
					

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:1, starttime: 11:53
Heat: 1/5 Lane : 3 Athlete: VERLEYSSEN NOA					Q-time: 01:16:04
PB (25m pool): 01:16.04 Lommel 02/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.47		01:16.04	
	00:34.47		00:41.57		
					

Coach feedback:

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Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:1, starttime: 11:53
Heat: 1/5 Lane : 5 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 01:14:57
PB (25m pool): 01:14.57 Tilburg 26/10/2025					PB (50m pool): no time SB: 01:14.69 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.88		01:14.57	
	00:34.88		00:39.69		
					

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:3, starttime: 11:56
Heat: 3/5 Lane : 2 Athlete: SARGESJAN NALA					Q-time: 01:10:93
PB (25m pool): 01:10.93 Hasselt 04/10/2026					PB (50m pool): no time SB: 01:10.93 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.93	
	no time				
					

Coach feedback: