

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

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

Coaches: Vandeputte Pedro

Coaches: Desmet Lindsay

Coaches: Vandeputte Debby

Coaches: Demeyere Linda

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 : 3 Athlete: SCHACHT HANNE							Q-time: 02:50:19	
PB (25m pool): 02:50.19 LAGO Zwevegem 09/06/2025				PB (50m pool): 02:58.11SB: 02:56.40 Brugge 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		00:38.25		01:21.09		02:05.53		02:50.19
	00:38.25		00:42.84		00:44.44		00:44.66	
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12							Heat:1, starttime: 09:18	
Heat: 1/9 Lane : 4 Athlete: STEEN REMI							Q-time: 01:39:76	
PB (25m pool): 01:39.76 Zwembad De Treffer 06/04/2026							PB (50m pool): 01:47.42SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:47.73		01:39.76				
	00:47.73		00:52.03					
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12							Heat:7, starttime: 09:30	
Heat: 7/9 Lane : 5 Athlete: VANDEPUTTE JORBE							Q-time: 01:19:59	
PB (25m pool): 01:29.95 Zwembad De Treffer 06/04/2026							PB (50m pool): 01:19.59SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:41.42		01:29.95				
	00:41.42		00:48.53					
								

Coach feedback:

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

Event number: 56: 400M MEDLEY WOMEN 13-14							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 2 Athlete: VERSTRAETE LINDE							Q-time: 05:27:58	
PB (25m pool): 05:27.58 Brugge 04/10/2026				PB (50m pool): 05:33.75 SB: 05:27.58 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		00:34.98		01:16.72		01:59.51		02:40.33
	00:34.98		00:41.74		00:42.79		00:40.82	
								
	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		03:28.52		04:17.59		04:53.81		05:27.58
	00:48.19		00:49.07		00:36.22		00:33.77	
								

Coach feedback:

Event number: 56: 400M MEDLEY WOMEN 13-14							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 3 Athlete: VELGHE LAURA							Q-time: 05:20:49	
PB (25m pool): 05:23.43 Diksmuide 12/10/2025				PB (50m pool): 05:20.49SB: 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		00:35.17		01:16.89		01:57.61		02:37.14
	00:35.17		00:41.72		00:40.72		00:39.53	
								
	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		03:24.31		04:10.51		04:47.89		05:23.43
	00:47.17		00:46.20		00:37.38		00:35.54	
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12							Heat:4, starttime: 10:40	
Heat: 4/10 Lane : 3 Athlete: STEEN REMI							Q-time: 01:10:93	
PB (25m pool): 01:10.93 Zwembad De Treffer 06/04/2026							PB (50m pool): 01:13.87 SB: 01:11.54 Brugge 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.16		01:10.93				
	00:34.16		00:36.77					
								

Coach feedback:

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

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:7, starttime: 10:45
Heat: 7/10 Lane : 3 Athlete: VANDEPUTTE JORBE					Q-time: 01:08:22
PB (25m pool): 01:08.22 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:08.33 SB: 01:08.25 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.67		01:08.22	
	00:33.67		00:34.55		
					

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:4, starttime: 11:58
Heat: 4/5 Lane : 2 Athlete: SCHACHT HANNE					Q-time: 01:10:60
PB (25m pool): 01:10.60 Zwevegem 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.74		01:10.60	
	00:32.74		00:37.86		
					

Coach feedback: