

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

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

Coaches: Adams Sander HEADCOACH

Coaches: Stabel Siegfried

Coaches: Van Herzeele Peggy

Coaches: Poelmans Julie

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:2, starttime: 09:20
Heat: 2/9 Lane : 1 Athlete: ADAMS MATHIS					Q-time: 01:37:04
PB (25m pool): 01:37.13 Nijlen 16/11/2025					PB (50m pool): 01:37.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.28		01:37.13	
	00:42.28		00:54.85		
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:7, starttime: 09:30
Heat: 7/9 Lane : 7 Athlete: LEYSEN BENJAMIN					Q-time: 01:20:44
PB (25m pool): 01:20.44 Herentals 09/05/2026					PB (50m pool): 01:32.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.88		01:20.44	
	00:36.88		00:43.56		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:9, starttime: 09:52
Heat: 9/10 Lane : 2 Athlete: DIERCKX ASTRID					Q-time: 01:18:90
PB (25m pool): 01:14.57 Nijlen 18/10/2026					PB (50m pool): 01:18.90 SB: 01:14.57 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.51		01:14.57	
	00:35.51		00:39.06		
					

Coach feedback:

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Event number: 55: 400M MEDLEY MEN 13-14							Heat:1, starttime: 09:56	
Heat: 1/2 Lane : 6 Athlete: LEYSEN JEROEN							Q-time: 05:36:25	
PB (25m pool): 05:36.25 Herentals 10/10/2026				PB (50m pool): 05:42.16SB: 05:36.25 Herentals 10/10/2026				
	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		00:34.71		01:20.11		02:03.28		02:44.87
	00:34.71		00:45.40		00:43.17		00:41.59	
								
	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		03:31.65		04:19.91		04:58.82		05:36.25
	00:46.78		00:48.26		00:38.91		00:37.43	
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12							Heat:6, starttime: 10:44	
Heat: 6/10 Lane : 3 Athlete: ADAMS MATHIS							Q-time: 01:09:12	
PB (25m pool): 01:09.20 Nijlen 18/10/2026				PB (50m pool): 01:09.12SB: 01:09.20 Nijlen 18/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.27		01:09.20				
	00:33.27		00:35.93					
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12							Heat:10, starttime: 10:50	
Heat: 10/10 Lane : 3 Athlete: LEYSEN BENJAMIN							Q-time: 01:03:44	
PB (25m pool): 01:03.44 Mol 04/10/2026				PB (50m pool): 01:04.78 SB: 01:03.44 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:30.34		01:03.44				
	00:30.34		00:33.10					
								

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12						Heat:9, starttime: 11:06	
Heat: 9/10 Lane : 7 Athlete: DIERCKX ASTRID						Q-time: 01:06:68	
PB (25m pool): 01:06.68 Mol 04/10/2026						PB (50m pool): 01:08.54 SB: 01:06.68 Mol 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:32.96		01:06.68			
	00:32.96		00:33.72				
							

Coach feedback: