

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

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

Coaches: Decock Maaïke

Coaches: Vanhaeke Heidi

Coaches: Vanhecke Sabrina HEADCOACH

Coaches: Janart Michaël

Coaches: Dewulf Bart

Coaches: Duck Chantal

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:6, starttime: 09:28
Heat: 6/9 Lane : 4 Athlete: VICTOR MILO					Q-time: 01:21:11
PB (25m pool): 01:22.53 Zwevegem 31/05/2026					PB (50m pool): 01:21.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.77		01:22.53	
	00:37.77		00:44.76		
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:6, starttime: 09:28
Heat: 6/9 Lane : 6 Athlete: DECOCK CERIEL					Q-time: 01:21:54
PB (25m pool): no time					PB (50m pool): 01:21.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 55: 400M MEDLEY MEN 13-14					Heat:2, starttime: 10:02			
Heat: 2/2 Lane : 4 Athlete: PICEU SEPPE					Q-time: 05:02:73			
PB (25m pool): 05:02.73 Brugge 04/10/2026					PB (50m pool): 05:09.23 SB: 05:02.73 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		00:31.26		01:09.15		01:49.06		02:27.19
	00:31.26		00:37.89		00:39.91		00:38.13	
								
	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		03:10.33		03:54.48		04:29.12		05:02.73
	00:43.14		00:44.15		00:34.64		00:33.61	
								

Coach feedback:

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Event number: 56: 400M MEDLEY WOMEN 13-14							Heat:1, starttime: 10:09	
Heat: 1/2 Lane : 3 Athlete: ROMBAUT CÉLINE							Q-time: 05:44:64	
PB (25m pool): no time			PB (50m pool): 05:44.64 SB: 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		no time		no time		no time		no time
	no time							
								
	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		no time		no time		no time		no time
								

Coach feedback:

Event number: 57: 200M BUTTERFLY MEN 15-16							Heat:2, starttime: 10:25	
Heat: 2/2 Lane : 6 Athlete: DEBRUYNE HANNES							Q-time: 02:14:35	
PB (25m pool): 02:16.66 Brugge 04/10/2026			PB (50m pool): 02:14.35 SB: 02:16.66 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		00:30.54		01:04.56		01:40.03		02:16.66
	00:30.54		00:34.02		00:35.47		00:36.63	
								

Coach feedback:

Event number: 58: 200M BUTTERFLY WOMEN 15-16							Heat:1, starttime: 10:28	
Heat: 1/2 Lane : 4 Athlete: FEYS FARAH							Q-time: 02:38:30	
PB (25m pool): 02:29.81 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:34.23 SB: 02:29.81 Sint-Amandsberg 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		00:32.67		01:10.23		01:50.09		02:29.81
	00:32.67		00:37.56		00:39.86		00:39.72	
								

Coach feedback:

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Event number: 58: 200M BUTTERFLY WOMEN 15-16							Heat:2, starttime: 10:31	
Heat: 2/2 Lane : 4 Athlete: DECOUTERE IMANI							Q-time: 02:19:29	
PB (25m pool): 02:19.29 Meulebeke 10/05/2026				PB (50m pool): 02:22.95 SB: 02:24.13 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		00:30.48		01:05.60		no time		02:19.29
	00:30.48		00:35.12					
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12							Heat:4, starttime: 10:40	
Heat: 4/10 Lane : 6 Athlete: VICTOR MILO							Q-time: 01:11:11	
PB (25m pool): 01:11.11 Zwevegem 31/05/2026				PB (50m pool): 01:12.93SB: 01:12.46 Brugge 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.20		01:11.11				
	00:34.20		00:36.91					
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12							Heat:8, starttime: 10:47			
Heat: 8/10 Lane : 4 Athlete: DECOCK CERIEL							Q-time: 01:06:20			
PB (25m pool): 01:03.87 Sint-Amandsberg 18/10/2026				PB (50m pool): 01:08.50 SB: 01:03.87 Sint-Amandsberg 18/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:30.77				01:03.87			
	00:30.77				00:33.10					
										

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:1, starttime: 11:27	
Heat: 1/5 Lane : 6 Athlete: ZEPHIRIN ASTRID							Q-time: 02:47:97	
PB (25m pool): 02:47.97 Ettelbruck 19/04/2026				PB (50m pool): 02:48.01 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		00:39.99		01:22.79		02:06.56		02:47.97
	00:39.99		00:42.80		00:43.77		00:41.41	
								

Coach feedback:

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Event number: 63: 100M MEDLEY MEN 15-16				Heat:2, starttime: 11:47	
Heat: 2/4 Lane : 8 Athlete: VANDEMAELE JACOB				Q-time: 01:07:17	
PB (25m pool): 01:07.17 Waregem 26/09/2026				PB (50m pool): no time SB: 01:07.17 Waregem 26/09/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.17	
	no time				
					

Coach feedback: