

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

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

Coaches: Van Renterghem Delphine HEADCOACH

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:5, starttime: 09:26
Heat: 5/9 Lane : 5 Athlete: TEIRLINCK TIGO					Q-time: 01:22:71
PB (25m pool): 01:17.46 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:22.71 SB: 01:17.46 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.16		01:17.46	
	00:35.16		00:42.30		
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:5, starttime: 09:26
Heat: 5/9 Lane : 8 Athlete: WANNEYN LOUIS					Q-time: 01:25:50
PB (25m pool): 01:19.77 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:25.50 SB: 01:19.77 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.37		01:19.77	
	00:37.37		00:42.40		
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:8, starttime: 09:32
Heat: 8/9 Lane : 1 Athlete: DE VREESE SEPPE					Q-time: 01:18:15
PB (25m pool): 01:24.54 Gent 23/02/2025					PB (50m pool): 01:18.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.56		01:24.54	
	00:39.56		00:44.98		
					

Coach feedback:

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Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:3, starttime: 09:40
Heat: 3/10 Lane : 5 Athlete: VANDER HOOGERSTRAETE NORA					Q-time: 01:29:17
PB (25m pool): 01:35.36 LAGO Zwevegem 09/06/2025					PB (50m pool): 01:29.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.84		01:35.36	
	00:42.84		00:52.52		
					

Coach feedback:

Event number: 56: 400M MEDLEY WOMEN 13-14					Heat:1, starttime: 10:09			
Heat: 1/2 Lane : 5 Athlete: DE VREESE JULIE					Q-time: 05:37:43			
PB (25m pool): no time					PB (50m pool): 05:37.43 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: 59: 100M FREESTYLE MEN 11-12					Heat:1, starttime: 10:35			
Heat: 1/10 Lane : 4 Athlete: VERNIERS ROBIN					Q-time: 01:14:41			
PB (25m pool): 01:14.41 Temse 31/05/2026					PB (50m pool): 01:16.87 SB: 01:15.15 EEKLO 04/10/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.87		01:14.41				
	00:35.87		00:38.54					
								

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:6, starttime: 10:44
Heat: 6/10 Lane : 5 Athlete: VAN DEN BRANDEN CAMIEL					Q-time: 01:08:77
PB (25m pool): 01:08.77 EEKLO 04/10/2026					PB (50m pool): 01:09.96 SB: 01:08.77 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.16		01:08.77	
	00:32.16		00:36.61		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:9, starttime: 10:49
Heat: 9/10 Lane : 3 Athlete: DE VREESE SEPPE					Q-time: 01:04:77
PB (25m pool): 01:06.94 Temse 17/11/2025					PB (50m pool): 01:04.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.72		01:06.94	
	00:32.72		00:34.22		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:9, starttime: 10:49
Heat: 9/10 Lane : 6 Athlete: WANNEYN LOUIS					Q-time: 01:04:77
PB (25m pool): 01:04.12 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:05.71 SB: 01:04.12 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.21		01:04.12	
	00:31.21		00:32.91		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:10, starttime: 10:50
Heat: 10/10 Lane : 5 Athlete: TEIRLINCK TIGO					Q-time: 01:02:26
PB (25m pool): 01:01.42 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:02.26 SB: 01:01.42 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.30		01:01.42	
	00:29.30		00:32.12		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:8, starttime: 11:04
Heat: 8/10 Lane : 8 Athlete: VANDER HOOGERSTRAETE NORA					Q-time: 01:07:86
PB (25m pool): 01:07.30 Sint-Amandsberg 18/10/2026			PB (50m pool): 01:08.38 SB: 01:07.30 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.89		01:07.30	
	00:31.89		00:35.41		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:1, starttime: 11:09	
Heat: 1/5 Lane : 5 Athlete: TURPIJN JULES							Q-time: 02:41:12	
PB (25m pool): 02:31.96 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:37.57 SB: 02:31.96 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		00:37.88		01:16.58		01:55.02		02:31.96
	00:37.88		00:38.70		00:38.44		00:36.94	
								

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:2, starttime: 11:13	
Heat: 2/5 Lane : 8 Athlete: MARTELé STAN							Q-time: 02:39:72	
PB (25m pool): 02:39.72 Gent 23/02/2025			PB (50m pool): 02:45.62SB: 02:40.04 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		00:36.99		01:17.03		01:58.76		02:39.72
	00:36.99		00:40.04		00:41.73		00:40.96	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:2, starttime: 11:31	
Heat: 2/5 Lane : 2 Athlete: POTIER JOLIE							Q-time: 02:42:59	
PB (25m pool): 02:42.59 TEMSE 23/11/2025			PB (50m pool): 02:46.84 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		00:38.09		01:19.06		02:01.38		02:42.59
	00:38.09		00:40.97		00:42.32		00:41.21	
								

Coach feedback:

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

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:3, starttime: 11:35	
Heat: 3/5 Lane : 4 Athlete: VAN BEYLEN STELLA							Q-time: 02:35:30	
PB (25m pool): 02:34.30 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:42.06 SB: 02:34.30 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		00:37.31		01:16.90		01:56.37		02:34.30
	00:37.31		00:39.59		00:39.47		00:37.93	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:4, starttime: 11:39	
Heat: 4/5 Lane : 4 Athlete: BLANCQUAERT CAMILLE							Q-time: 02:31:97	
PB (25m pool): 02:31.97 Temse 17/11/2025				PB (50m pool): 02:36.39 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		00:33.60		01:11.44		01:51.20		02:31.97
	00:33.60		00:37.84		00:39.76		00:40.77	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:5, starttime: 11:42	
Heat: 5/5 Lane : 1 Athlete: DE VREESE JULIE							Q-time: 02:31:26	
PB (25m pool): 02:31.26 Temse 17/11/2025				PB (50m pool): 02:32.08 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		00:33.91		01:12.06		01:52.16		02:31.26
	00:33.91		00:38.15		00:40.10		00:39.10	
								

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:4, starttime: 11:58				
Heat: 4/5 Lane : 6 Athlete: DE DECKER FEBE					Q-time: 01:09:85				
PB (25m pool): 01:09.85 Temse 21/12/2025					PB (50m pool): no time SB: 01:10.97 EEKLO 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:32.80		01:09.85					
	00:32.80		00:37.05						
									

Coach feedback: