

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

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

Coaches: Haarler Laura

Coaches: Maes Koen HEADCOACH

Coaches: Dekoninck Nicole

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 : 4 Athlete: BOLLEN WARRE					Q-time: 01:22:60
PB (25m pool): 01:22.60 Bree 31/05/2026					PB (50m pool): 01:23.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.69		01:22.60	
		00:37.69		00:44.91	
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:5, starttime: 09:26
Heat: 5/9 Lane : 6 Athlete: MEYLAERS SEPPE					Q-time: 01:25:23
PB (25m pool): 01:25.23 Pelt 27/09/2026					PB (50m pool): 01:29.59 SB: 01:25.23 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.48		01:25.23	
		00:38.48		00:46.75	
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:2, starttime: 10:37
Heat: 2/10 Lane : 1 Athlete: MEYLAERS SEPPE					Q-time: 01:14:09
PB (25m pool): 01:14.09 Hasselt 04/10/2026					PB (50m pool): 01:18.36 SB: 01:14.09 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.53		01:14.09	
		00:35.53		00:38.56	
					

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:9, starttime: 10:49
Heat: 9/10 Lane : 1 Athlete: BOLLEN WARRE					Q-time: 01:05:91
PB (25m pool): 01:05.91 Hasselt 04/10/2026					PB (50m pool): 01:07.73 SB: 01:05.91 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.10		01:05.91	
	00:32.10		00:33.81		
					

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:1, starttime: 11:27	
Heat: 1/5 Lane : 2 Athlete: VLASSAKS ROSALIE							Q-time: 02:54:83	
PB (25m pool): 02:44.23 3500 Hasselt 18/10/2026				PB (50m pool): 02:54.83 SB: 02:44.23 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		00:39.54		01:21.95		02:03.67		02:44.23
	00:39.54		00:42.41		00:41.72		00:40.56	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:2, starttime: 11:31	
Heat: 2/5 Lane : 1 Athlete: MAES LEONIE							Q-time: 02:43:14	
PB (25m pool): 02:43.14 3500 Hasselt 23/11/2025				PB (50m pool): 02:50.99SB: 02:43.66 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		00:38.26		01:19.29		02:01.86		02:43.14
	00:38.26		00:41.03		00:42.57		00:41.28	
								

Coach feedback: