

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

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

Coaches: Wouters Maxim HEADCOACH

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 : 2 Athlete: DURT REINE							Q-time: 02:51:96	
PB (25m pool): 02:50.12 Mol 29/12/2024				PB (50m pool): 02:54.61 SB: 02:53.42 Mol 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		00:39.46		01:22.29		02:05.93		02:50.12
	00:39.46		00:42.83		00:43.64		00:44.19	
								

Coach feedback:

Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:3, starttime: 09:14	
Heat: 3/3 Lane : 3 Athlete: BOVEN AXELLE							Q-time: 02:43:95	
PB (25m pool): 02:47.27 Mol 04/10/2026				PB (50m pool): 02:43.95 SB: 02:47.27 Mol 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		00:37.37		01:19.92		02:03.67		02:47.27
	00:37.37		00:42.55		00:43.75		00:43.60	
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12							Heat:9, starttime: 09:34	
Heat: 9/9 Lane : 1 Athlete: MERTENS DIETER							Q-time: 01:14:19	
PB (25m pool): 01:13.59 Nijlen 18/10/2026				PB (50m pool): 01:14.19SB: 01:13.59 Nijlen 18/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.98		01:13.59				
	00:34.98		00:38.61					
								

Coach feedback:

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Event number: 58: 200M BUTTERFLY WOMEN 15-16							Heat:2, starttime: 10:31	
Heat: 2/2 Lane : 6 Athlete: BELLENS LORE							Q-time: 02:28:89	
PB (25m pool): 02:28.89 Mol 04/10/2026				PB (50m pool): 02:34.22SB: 02:28.89 Mol 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		00:32.42		01:09.79		01:48.77		02:28.89
	00:32.42		00:37.37		00:38.98		00:40.12	
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:10, starttime: 10:50
Heat: 10/10 Lane : 6 Athlete: MERTENS DIETER				Q-time: 01:03:65	
PB (25m pool): 01:02.84 Nijlen 18/10/2026			PB (50m pool): 01:03.65 SB: 01:02.84 Nijlen 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.68		01:02.84	
	00:30.68		00:32.16		
					

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:4, starttime: 11:39	
Heat: 4/5 Lane : 7 Athlete: BIERINCKX MIE							Q-time: 02:33:53	
PB (25m pool): 02:33.53 Mol 04/10/2026				PB (50m pool): 02:41.18SB: 02:33.53 Mol 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		00:35.62		01:15.73		01:55.11		02:33.53
	00:35.62		00:40.11		00:39.38		00:38.42	
								

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:4, starttime: 11:58
Heat: 4/5 Lane : 3 Athlete: MERTENS FEMKE				Q-time: 01:08:73	
PB (25m pool): 01:08.73 Mol 04/10/2026			PB (50m pool): no time SB: 01:08.73 Mol 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.51		01:08.73	
	00:31.51		00:37.22		
					

Coach feedback:

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Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:5, starttime: 12:00			
Heat: 5/5 Lane : 5 Athlete: BOVEN AXELLE					Q-time: 01:06:63			
PB (25m pool): 01:06.63 Herentals 09/05/2026							PB (50m pool): no time SB: 01:08.06 Mol 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:31.34		01:06.63				
	00:31.34		00:35.29					
								

Coach feedback: