

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 51: 200M BREASTSTROKE MEN 15-16 Heat:1, starttime: 09:00

Heat: 1/2 Lane : 6 Athlete: BOURDIAUDHY THIBAU							Q-time: 02:45:24	
PB (25m pool): 02:40.62 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:46.67 SB: 02:40.62 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		00:36.09		01:16.62		01:58.72		02:40.62
	00:36.09		00:40.53		00:42.10		00:41.90	
								

Coach feedback:

Event number: 52: 200M BREASTSTROKE WOMEN 15-16 Heat:1, starttime: 09:07

Heat: 1/3 Lane : 3 Athlete: WULLAERT FIEN							Q-time: 03:06:83	
PB (25m pool): 02:59.98 Sint-Amandsberg 18/10/2026				PB (50m pool): 03:06.83 SB: 02:59.98 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		00:40.50		01:26.31		02:13.36		02:59.98
	00:40.50		00:45.81		00:47.05		00:46.62	
								

Coach feedback:

Event number: 52: 200M BREASTSTROKE WOMEN 15-16 Heat:2, starttime: 09:11

Heat: 2/3 Lane : 7 Athlete: DE BRABANDER CELESTE							Q-time: 02:53:06	
PB (25m pool): 02:53.06 Sportoase De Watermolen 21/07/2026				PB (50m pool): 03:01.52 SB: 02:55.38 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		00:39.31		01:24.10		02:08.99		02:53.06
	00:39.31		00:44.79		00:44.89		00:44.07	
								

Coach feedback:

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Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:3, starttime: 09:40
Heat: 3/10 Lane : 7 Athlete: VAN DE VYVERE LENA					Q-time: 01:30:49
PB (25m pool): 01:35.83 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:30.49 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.57		01:35.83	
	00:43.57		00:52.26		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:5, starttime: 09:44
Heat: 5/10 Lane : 1 Athlete: JANSSENS STERRE					Q-time: 01:27:15
PB (25m pool): 01:35.39 Zwembad De Treffer 06/04/2026 PB (50m pool): 01:27.15 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.11		01:35.39	
	00:43.11		00:52.28		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:6, starttime: 09:46
Heat: 6/10 Lane : 3 Athlete: WULLAERT LIESE					Q-time: 01:24:40
PB (25m pool): 01:32.37 Sint-Niklaas 11/01/2026 PB (50m pool): 01:24.40 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.91		01:32.37	
	00:41.91		00:50.46		
					

Coach feedback:

Event number: 55: 400M MEDLEY MEN 13-14							Heat:2, starttime: 10:02	
Heat: 2/2 Lane : 5 Athlete: VAN GOETHEM ARTHUR							Q-time: 05:06:70	
PB (25m pool): 05:14.15 T ROSCO 12/10/2025				PB (50m pool): 05:06.70 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		00:32.75		01:12.06		01:52.60		02:33.02
	00:32.75		00:39.31		00:40.54		00:40.42	
								
	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		03:17.36		04:02.70		04:39.27		05:14.15
	00:44.34		00:45.34		00:36.57		00:34.88	
								

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Event number: 56: 400M MEDLEY WOMEN 13-14							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 6 Athlete: DE SMET AMÉLIE							Q-time: 05:26:85	
PB (25m pool): 05:26.85 EEKLO 04/10/2026				PB (50m pool): 05:30.97 SB: 05:26.85 EEKLO 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		no time		01:15.30		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		05:26.85
								

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12							Heat:2, starttime: 10:54	
Heat: 2/10 Lane : 2 Athlete: VAN DE VYVERE LENA							Q-time: 01:12:57	
PB (25m pool): 01:12.38 Sint-Amandsberg 18/10/2026				PB (50m pool): 01:16.12 SB: 01:12.38 Sint-Amandsberg 18/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.54		01:12.38				
	00:34.54		00:37.84					
								

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12							Heat:2, starttime: 10:54	
Heat: 2/10 Lane : 4 Athlete: WULLAERT LIESE							Q-time: 01:12:37	
PB (25m pool): 01:12.93 EEKLO 04/10/2026				PB (50m pool): 01:12.37 SB: 01:12.93 EEKLO 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.61		01:12.93				
	00:34.61		00:38.32					
								

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:5, starttime: 10:59
Heat: 5/10 Lane : 2 Athlete: JANSSENS STERRE					Q-time: 01:10:30
PB (25m pool): 01:09.09 Sint-Amandsberg 18/10/2026			PB (50m pool): 01:12.97 SB: 01:09.09 Sint-Amandsberg 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.23		01:09.09	
	00:33.23		00:35.86		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:4, starttime: 11:20	
Heat: 4/5 Lane : 4 Athlete: ROGIERS LOUIS							Q-time: 02:27:68	
PB (25m pool): 02:27.11 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:37.65 SB: 02:27.11 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		00:35.17		01:13.15		01:50.57		02:27.11
	00:35.17		00:37.98		00:37.42		00:36.54	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:3, starttime: 11:35	
Heat: 3/5 Lane : 2 Athlete: LAMMENS ALIX							Q-time: 02:36:81	
PB (25m pool): 02:35.96 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:39.75 SB: 02:35.96 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		00:37.67		01:17.58		01:57.38		02:35.96
	00:37.67		00:39.91		00:39.80		00:38.58	
								

Coach feedback: