

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

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

Coaches: Iannino David HEADCOACH

Coaches: Januarius Elke

Coaches: Januarius Bart

Coaches: Leemans Mats

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 : 3 Athlete: LOUCKX TIM					Q-time: 01:21:51
PB (25m pool): 01:22.68 Sint-Pieters-Leeuw 05/10/2025					PB (50m pool): 01:21.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.56		01:22.68	
	00:38.56		00:44.12		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:2, starttime: 09:38
Heat: 2/10 Lane : 5 Athlete: MECHROUBI YASMINA					Q-time: 01:31:14
PB (25m pool): no time					PB (50m pool): 01:31.14 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: 59: 100M FREESTYLE MEN 11-12					Heat:2, starttime: 10:37
Heat: 2/10 Lane : 5 Athlete: TIELEMANS WOLF					Q-time: 01:12:74
PB (25m pool): 01:12.74 Leuven 04/10/2026					PB (50m pool): 01:15.10 SB: 01:12.74 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.58		01:12.74	
	00:34.58		00:38.16		
					

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:7, starttime: 10:45
Heat: 7/10 Lane : 6 Athlete: LOUCKX TIM					Q-time: 01:08:51
PB (25m pool): 01:09.90 LEUVEN 21/12/2025					PB (50m pool): 01:08.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.62		01:09.90	
	00:33.62		00:36.28		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:7, starttime: 10:45
Heat: 7/10 Lane : 7 Athlete: HAAN ALEXANDER					Q-time: 01:08:61
PB (25m pool): 01:08.61 Leuven 04/10/2026					PB (50m pool): 01:10.07 SB: 01:08.61 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.48		01:08.61	
	00:32.48		00:36.13		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:5, starttime: 10:59
Heat: 5/10 Lane : 3 Athlete: MECHROUBI YASMINA					Q-time: 01:10:27
PB (25m pool): 01:10.27 Leuven 04/10/2026					PB (50m pool): 01:11.63 SB: 01:10.27 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.72		01:10.27	
	00:33.72		00:36.55		
					

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:5, starttime: 11:42	
Heat: 5/5 Lane : 7 Athlete: AELEN BENTE							Q-time: 02:29:25	
PB (25m pool): 02:29.25 Temse 17/11/2025				PB (50m pool): 02:32.22 SB: 02:36.72 Leuven 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		00:35.78		01:14.17		01:52.91		02:29.25
	00:35.78		00:38.39		00:38.74		00:36.34	
								

Coach feedback: