

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

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

Coaches: Appeltans Ruth

PB => Personal Best time

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:7, starttime: 09:30
Heat: 7/9 Lane : 2 Athlete: PIRARD DRIEK					Q-time: 01:20:35
PB (25m pool): 01:37.19 Beringen 16/03/2025					PB (50m pool): 01:20.35 SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:45.27		01:37.19	
	00:45.27		00:51.92		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:5, starttime: 09:44
Heat: 5/10 Lane : 5 Athlete: DAS AMELIE					Q-time: 01:26:62
PB (25m pool): 01:37.77 LEUVEN 21/12/2025					PB (50m pool): 01:26.62 SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:43.03		01:37.77	
	00:43.03		00:54.74		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:7, starttime: 10:45
Heat: 7/10 Lane : 1 Athlete: PIRARD DRIEK					Q-time: 01:08:65
PB (25m pool): 01:08.65 Hasselt 04/10/2026					PB (50m pool): 01:08.69 SB: 01:08.65 Hasselt 04/10/2026
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:33.23		01:08.65	
	00:33.23		00:35.42		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:4, starttime: 10:57
Heat: 4/10 Lane : 4 Athlete: DAS AMELIE					Q-time: 01:11:02
PB (25m pool): 01:11.02 Hasselt 04/10/2026			PB (50m pool): 01:11.76 SB: 01:11.02 Hasselt 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.71		01:11.02	
	00:33.71		00:37.31		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:5, starttime: 11:24	
Heat: 5/5 Lane : 7 Athlete: JAMAR KAMIEL							Q-time: 02:25:58	
PB (25m pool): 02:25.58 Hasselt 04/10/2026			PB (50m pool): 02:31.75 SB: 02:25.58 Hasselt 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		00:33.25		01:10.71		01:49.33		02:25.58
	00:33.25		00:37.46		00:38.62		00:36.25	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:5, starttime: 11:42	
Heat: 5/5 Lane : 8 Athlete: DAS LOUISE							Q-time: 02:31:77	
PB (25m pool): 02:31.77 Hasselt 04/10/2026			PB (50m pool): 02:33.83 SB: 02:31.77 Hasselt 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		00:35.30		01:14.32		01:53.20		02:31.77
	00:35.30		00:39.02		00:38.88		00:38.57	
								

Coach feedback: