

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

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

Coaches: Backs Hubert

Coaches: Nuytten Stefanie HEADCOACH

Coaches: De Cramer Renée

Coaches: Desmet Carl

PB => Personal Best time

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:2, starttime: 09:20
Heat: 2/9 Lane : 5 Athlete: GEERS ARNOUT					Q-time: 01:33:15
PB (25m pool): 01:39.10 TEMSE 23/11/2025					PB (50m pool): 01:33.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.00		01:39.10	
	00:45.00		00:54.10		
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:4, starttime: 09:24
Heat: 4/9 Lane : 1 Athlete: MOEYAERT ALEC					Q-time: 01:28:06
PB (25m pool): no time					PB (50m pool): 01:28.06 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: 54: 100M BUTTERFLY WOMEN 11-12					Heat:3, starttime: 09:40
Heat: 3/10 Lane : 1 Athlete: HUYBEN STIEN					Q-time: 01:30:51
PB (25m pool): 01:45.40 TEMSE 23/11/2025					PB (50m pool): 01:30.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.34		01:45.40	
	00:46.34		00:59.06		
					

Coach feedback:

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Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:7, starttime: 09:48
Heat: 7/10 Lane : 4 Athlete: VERNIEUWE LEANNE					Q-time: 01:21:72
PB (25m pool): 01:32.26 TEMSE 23/11/2025					PB (50m pool): 01:21.72 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.52		01:32.26	
	00:39.52		00:52.74		
					

Coach feedback:

Event number: 58: 200M BUTTERFLY WOMEN 15-16							Heat:2, starttime: 10:31	
Heat: 2/2 Lane : 3 Athlete: LAMMENS MARY							Q-time: 02:23:01	
PB (25m pool): 02:37.89 Diksmuide 15/10/2023							PB (50m pool): 02:23.01 SB: no time	
	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		no time		no time		no time		02:37.89
	no time							
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:6, starttime: 10:44
Heat: 6/10 Lane : 1 Athlete: MOEYAERT ALEC					Q-time: 01:09:62
PB (25m pool): 01:09.62 Brugge 04/10/2026					PB (50m pool): 01:10.96 SB: 01:09.62 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.35		01:09.62	
	00:33.35		00:36.27		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:8, starttime: 10:47
Heat: 8/10 Lane : 8 Athlete: GEERS ARNOUT					Q-time: 01:07:45
PB (25m pool): 01:07.45 Brugge 04/10/2026					PB (50m pool): 01:10.41 SB: 01:07.45 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.12		01:07.45	
	00:32.12		00:35.33		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:6, starttime: 11:01
Heat: 6/10 Lane : 1 Athlete: HUYBEN STIEN					Q-time: 01:10:04
PB (25m pool): 01:10.04 Brugge 04/10/2026					PB (50m pool): 01:10.69SB: 01:10.04 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.51		01:10.04	
	00:33.51		00:36.53		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:6, starttime: 11:01
Heat: 6/10 Lane : 6 Athlete: VERNIEUWE LEANNE					Q-time: 01:09:27
PB (25m pool): 01:09.27 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:12.95SB: 01:11.22 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.19		01:09.27	
	00:33.19		00:36.08		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14					Heat:1, starttime: 11:09			
Heat: 1/5 Lane : 6 Athlete: CHRISTIAENS LUCAS					Q-time: 02:46:11			
PB (25m pool): 02:46.11 Brugge 04/10/2026					PB (50m pool): 03:00.14SB: 02:46.11 Brugge 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		00:38.93		01:21.98		02:04.73		02:46.11
	00:38.93		00:43.05		00:42.75		00:41.38	
								

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14					Heat:2, starttime: 11:13			
Heat: 2/5 Lane : 4 Athlete: THIELEMANS LEON					Q-time: 02:36:47			
PB (25m pool): 02:36.47 Brugge 04/10/2026					PB (50m pool): 02:40.89SB: 02:36.47 Brugge 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		00:37.35		01:16.69		01:57.06		02:36.47
	00:37.35		00:39.34		00:40.37		00:39.41	
								

Coach feedback:

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Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:3, starttime: 11:17	
Heat: 3/5 Lane : 8 Athlete: BLOMME STAN							Q-time: 02:35:67	
PB (25m pool): 02:35.67 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:43.04 SB: 02:39.23 Brugge 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		00:36.50		01:16.18		01:57.02		02:35.67
	00:36.50		00:39.68		00:40.84		00:38.65	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:2, starttime: 11:31	
Heat: 2/5 Lane : 6 Athlete: VAN STEENKISTE LIA							Q-time: 02:41:68	
PB (25m pool): 02:41.68 Brugge 04/10/2026				PB (50m pool): 02:44.04 SB: 02:41.68 Brugge 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		00:37.92		01:18.98		02:01.27		02:41.68
	00:37.92		00:41.06		00:42.29		00:40.41	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:3, starttime: 11:35	
Heat: 3/5 Lane : 1 Athlete: VERNIEUWE IRENE							Q-time: 02:38:62	
PB (25m pool): 02:38.62 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:49.01 SB: 02:40.23 Brugge 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		00:36.81		01:16.25		01:57.51		02:38.62
	00:36.81		00:39.44		00:41.26		00:41.11	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:3, starttime: 11:35	
Heat: 3/5 Lane : 5 Athlete: HUYBEN ISOLDE							Q-time: 02:35:43	
PB (25m pool): 02:35.43 Brugge 04/10/2026				PB (50m pool): 02:38.90SB: 02:35.43 Brugge 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		00:37.31		01:15.76		01:55.83		02:35.43
	00:37.31		00:38.45		00:40.07		00:39.60	
								

Coach feedback:

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Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:4, starttime: 11:39	
Heat: 4/5 Lane : 1 Athlete: CLAEYS ELENA							Q-time: 02:33:67	
PB (25m pool): 02:33.67 Diksmuide 12/10/2025				PB (50m pool): 02:38.07 SB: 02:35.80 Brugge 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		00:35.09		01:14.26		01:54.10		02:33.67
	00:35.09		00:39.17		00:39.84		00:39.57	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:4, starttime: 11:39	
Heat: 4/5 Lane : 6 Athlete: DEKEIN YUTA							Q-time: 02:33:45	
PB (25m pool): 02:33.45 Brugge 04/10/2026				PB (50m pool): 02:36.01 SB: 02:33.45 Brugge 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		00:35.90		01:15.33		01:55.53		02:33.45
	00:35.90		00:39.43		00:40.20		00:37.92	
								

Coach feedback: