

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

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

Coaches: Dezutter Lore

Coaches: Lowagie Bouwdewijn

Coaches: Bartholomeus Pieter HEADCOACH

PB => Personal Best time

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

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:8, starttime: 09:50
Heat: 8/10 Lane : 7 Athlete: LOWAGIE LILY					Q-time: 01:21:05
PB (25m pool): 01:21.05 Menen 01/05/2026					PB (50m pool): 01:21.86 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.40		01:21.05	
	00:37.40		00:43.65		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:10, starttime: 11:07
Heat: 10/10 Lane : 1 Athlete: LOWAGIE LILY					Q-time: 01:05:42
PB (25m pool): 01:07.03 Zwevegem 31/05/2026					PB (50m pool): 01:05.78 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.56		01:07.03	
	00:32.56		00:34.47		
					

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:1, starttime: 11:27	
Heat: 1/5 Lane : 4 Athlete: BARTHOLOMEUS FLORIANNE							Q-time: 02:45:57	
PB (25m pool): 02:48.82 Diksmuide 08/02/2026				PB (50m pool): 02:45.57 SB: 02:49.78 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		00:39.91		01:22.86		02:07.27		02:48.82
	00:39.91		00:42.95		00:44.41		00:41.55	
								

Coach feedback: