

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

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

Coaches: Tieghem Kristof

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Lefever Elisa

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:3, starttime: 09:22
Heat: 3/9 Lane : 8 Athlete: MOERMAN JASPER					Q-time: 01:32:66
PB (25m pool): 01:39.03 leper 04/01/2026					PB (50m pool): 01:32.66 SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:45.35		01:39.03	
	00:45.35		00:53.68		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:8, starttime: 09:50
Heat: 8/10 Lane : 2 Athlete: GHEKIERE JUNE					Q-time: 01:20:68
PB (25m pool): 01:48.48 Meulebeke 07/04/2024					PB (50m pool): 01:20.68 SB: no time
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		no time		01:48.48	
	no time				
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:7, starttime: 10:45
Heat: 7/10 Lane : 8 Athlete: MOERMAN JASPER					Q-time: 01:08:71
PB (25m pool): 01:08.71 Brugge 04/10/2026					PB (50m pool): 01:12.56 SB: 01:08.71 Brugge 04/10/2026
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:32.37		01:08.71	
	00:32.37		00:36.34		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:9, starttime: 11:06
Heat: 9/10 Lane : 2 Athlete: GHEKIERE JUNE					Q-time: 01:06:54
PB (25m pool): 01:06.54 Brugge 04/10/2026					PB (50m pool): 01:07.93 SB: 01:06.54 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.06		01:06.54	
	00:32.06		00:34.48		
					

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:5, starttime: 11:42	
Heat: 5/5 Lane : 5 Athlete: DELPORTE ELLE							Q-time: 02:26:38	
PB (25m pool): 02:26.38 Brugge 04/10/2026				PB (50m pool): 02:30.56 SB: 02:26.38 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		00:35.88		01:12.87		01:50.04		02:26.38
	00:35.88		00:36.99		00:37.17		00:36.34	
								

Coach feedback: