

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

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

Coaches: Bruggemans Suzanne

Coaches: Van den Broeck Karolien HEADCOACH

Coaches: Van Den Broeck Dennis

Coaches: Okens Jari

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

Event number: 51: 200M BREASTSTROKE MEN 15-16							Heat:2, starttime: 09:03	
Heat: 2/2 Lane : 1 Athlete: BAKX WARRE							Q-time: 02:36:94	
PB (25m pool): 02:36.94 Leuven 12/10/2025				PB (50m pool): 02:40.36SB: 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		00:34.05		01:13.60		01:54.82		02:36.94
	00:34.05		00:39.55		00:41.22		00:42.12	
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12							Heat:3, starttime: 09:22	
Heat: 3/9 Lane : 4 Athlete: LAUWENS FINN							Q-time: 01:28:23	
PB (25m pool): 01:28.23 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:37.74SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:40.96		01:28.23				
	00:40.96		00:47.27					
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12							Heat:7, starttime: 09:30	
Heat: 7/9 Lane : 4 Athlete: DE ROOS KASPER							Q-time: 01:19:43	
PB (25m pool): 01:19.67 Bastogne 05/04/2026				PB (50m pool): 01:19.43SB: 01:23.83 Kapelle-op-den-Bos 11/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.27		01:19.67				
	00:37.27		00:42.40					
								

Coach feedback:

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Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:8, starttime: 09:50
Heat: 8/10 Lane : 5 Athlete: SEGHERS MILLA					Q-time: 01:20:53
PB (25m pool): 01:22.56 Kapelle-op-den-Bos 11/10/2026					PB (50m pool): 01:20.53 SB: 01:22.56 Kapelle-op-den-Bos 11/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.82		01:22.56	
	00:37.82		00:44.74		
					

Coach feedback:

Event number: 56: 400M MEDLEY WOMEN 13-14							Heat:1, starttime: 10:09	
Heat: 1/2 Lane : 2 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 05:53:98	
PB (25m pool): 05:53.98 Bastogne 05/04/2026				PB (50m pool): 05:59.30SB: 05:56.53 Leuven 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:35.50		01:16.96		02:01.95		02:46.38
	00:35.50		00:41.46		00:44.99		00:44.43	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:40.54		04:33.62		05:15.60		05:53.98
	00:54.16		00:53.08		00:41.98		00:38.38	
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:5, starttime: 10:42
Heat: 5/10 Lane : 5 Athlete: LAUWENS FINN					Q-time: 01:09:95
PB (25m pool): 01:11.01 Tervuren 30/05/2026					PB (50m pool): 01:09.95 SB: 01:16.80 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.44		01:11.01	
	00:34.44		00:36.57		
					

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:6, starttime: 10:44
Heat: 6/10 Lane : 2 Athlete: DE ROOS KASPER					Q-time: 01:09:39
PB (25m pool): 01:09.39 Bastogne 05/04/2026					PB (50m pool): 01:10.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.52		01:09.39	
	00:33.52		00:35.87		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:4, starttime: 10:57
Heat: 4/10 Lane : 7 Athlete: SEGHERS MILLA					Q-time: 01:11:43
PB (25m pool): 01:11.43 Leuven 04/10/2026					PB (50m pool): 01:11.69 SB: 01:11.43 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.90		01:11.43	
	00:34.90		00:36.53		
					

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:1, starttime: 11:27	
Heat: 1/5 Lane : 3 Athlete: NUYTKENS MARIE							Q-time: 02:46:14	
PB (25m pool): 02:46.14 Sint-Niklaas 28/12/2025				PB (50m pool): 02:50.03SB: 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		00:39.11		01:21.01		no time		02:46.14
	00:39.11		00:41.90					
								

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16					Heat:2, starttime: 11:47
Heat: 2/4 Lane : 6 Athlete: BAKX WARRE					Q-time: 01:04:18
PB (25m pool): 01:04.18 Kapelle-op-den-Bos 11/10/2026					PB (50m pool): no time SB: 01:04.18 Kapelle-op-den-Bos 11/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:04.18	
	no time				
					

Coach feedback:

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Event number: 63: 100M MEDLEY MEN 15-16					Heat:4, starttime: 11:51	
Heat: 4/4 Lane : 8 Athlete: VAN LOON BAS					Q-time: 01:06:56	
PB (25m pool): 01:06.56 Leuven 04/10/2026						
PB (50m pool): no time SB: 01:06.56 Leuven 04/10/2026						
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:31.22		01:06.56		
	00:31.22		00:35.34			
						

Coach feedback: