

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

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

Coaches: Loeman Eijennia

Coaches: Mertens Tijl

Coaches: Wauters Tine HEADCOACH

Coaches: Janssen Koen

Coaches: Jacobs Karen

Coaches: Callebaut Joris

Coaches: Verbinnen Nadine

Coaches: Schepens Koen

PB => Personal Best time

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

Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:2, starttime: 09:11	
Heat: 2/3 Lane : 4 Athlete: VERELST LAURA							Q-time: 02:48:10	
PB (25m pool): 02:46.95 3500 Hasselt 18/10/2026				PB (50m pool): 02:49.63 SB: 02:46.95 3500 Hasselt 18/10/2026				
	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		00:38.85		01:21.76		02:04.80		02:46.95
	00:38.85		00:42.91		00:43.04		00:42.15	
								

Coach feedback:

Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:3, starttime: 09:14	
Heat: 3/3 Lane : 1 Athlete: UYTTERHOEVEN FLO							Q-time: 02:46:81	
PB (25m pool): 02:46.81 Aarschot 27/07/2026				PB (50m pool): 02:48.66 SB: 02:47.95 3500 Hasselt 18/10/2026				
	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		00:37.33		01:20.58		no time		02:46.81
	00:37.33		00:43.25					
								

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12							Heat:7, starttime: 09:48	
Heat: 7/10 Lane : 5 Athlete: SALAETS TESS							Q-time: 01:22:12	
PB (25m pool): 01:29.90 Aarschot 26/04/2026				PB (50m pool): 01:22.12 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:41.12		01:29.90				
	00:41.12		00:48.78					
								

Coach feedback:

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Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:8, starttime: 09:50
Heat: 8/10 Lane : 8 Athlete: BOND MAYA					Q-time: 01:21:50
PB (25m pool): 01:23.12 Aarschot 26/04/2026					PB (50m pool): 01:21.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.82		01:23.12	
	00:37.82		00:45.30		
					

Coach feedback:

Event number: 58: 200M BUTTERFLY WOMEN 15-16							Heat:1, starttime: 10:28	
Heat: 1/2 Lane : 3 Athlete: BOHMER JANNE							Q-time: 02:50:36	
PB (25m pool): 02:43.36 3500 Hasselt 18/10/2026				PB (50m pool): 02:50.36 SB: 02:43.36 3500 Hasselt 18/10/2026				
	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		00:37.62		01:20.00		02:02.91		02:43.36
	00:37.62		00:42.38		00:42.91		00:40.45	
								

Coach feedback:

Event number: 58: 200M BUTTERFLY WOMEN 15-16							Heat:2, starttime: 10:31	
Heat: 2/2 Lane : 7 Athlete: THIJS MAAIKE							Q-time: 02:33:91	
PB (25m pool): 02:33.91 Aarschot 27/07/2026				PB (50m pool): 02:41.60 SB: 02:38.71 3500 Hasselt 18/10/2026				
	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		00:34.25		01:12.57		no time		02:33.91
	00:34.25		00:38.32					
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:7, starttime: 10:45
Heat: 7/10 Lane : 5 Athlete: SOENS JACK					Q-time: 01:07:75
PB (25m pool): 01:07.75 Leuven 04/10/2026					PB (50m pool): 01:10.43 SB: 01:07.75 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.31		01:07.75	
	00:33.31		00:34.44		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:4, starttime: 10:57
Heat: 4/10 Lane : 6 Athlete: SALAETS TESS					Q-time: 01:11:30
PB (25m pool): 01:11.30 Leuven 04/10/2026					PB (50m pool): 01:15.70 SB: 01:11.30 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.13		01:11.30	
	00:35.13		00:36.17		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:5, starttime: 10:59
Heat: 5/10 Lane : 8 Athlete: BELIAEV EMILY					Q-time: 01:10:92
PB (25m pool): 01:10.92 Leuven 04/10/2026					PB (50m pool): 01:12.10 SB: 01:10.92 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.20		01:10.92	
	00:35.20		00:35.72		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:7, starttime: 11:02
Heat: 7/10 Lane : 4 Athlete: BOND MAYA					Q-time: 01:07:86
PB (25m pool): 01:07.86 Leuven 04/10/2026					PB (50m pool): 01:08.85 SB: 01:07.86 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.69		01:07.86	
	00:32.69		00:35.17		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:5, starttime: 11:24	
Heat: 5/5 Lane : 1 Athlete: MERTENS LANDER							Q-time: 02:27:22	
PB (25m pool): 02:27.22 Leuven 04/10/2026				PB (50m pool): 02:35.66SB: 02:27.22 Leuven 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		00:34.62		01:12.56		01:50.67		02:27.22
	00:34.62		00:37.94		00:38.11		00:36.55	
								

Coach feedback:

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Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:3, starttime: 11:35	
Heat: 3/5 Lane : 6 Athlete: JANSSEN LUCY							Q-time: 02:36:13	
PB (25m pool): 02:34.58 3500 Hasselt 18/10/2026				PB (50m pool): 02:41.57 SB: 02:34.58 3500 Hasselt 18/10/2026				
	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		00:36.19		01:16.04		01:56.06		02:34.58
	00:36.19		00:39.85		00:40.02		00:38.52	
								

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16							Heat:2, starttime: 11:55		
Heat: 2/5 Lane : 5 Athlete: UYTTERHOEVEN FLO							Q-time: 01:13:39		
PB (25m pool): 01:13.39 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time									
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:34.34				01:13.39		
	00:34.34				00:39.05				
									

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16							Heat:3, starttime: 11:56	
Heat: 3/5 Lane : 5 Athlete: VERELST LAURA							Q-time: 01:08:43	
PB (25m pool): 01:08.43 LEUVEN 21/12/2025				PB (50m pool): no time SB: 01:09.19 Leuven 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:31.77		01:08.43				
	00:31.77		00:36.66					
								

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16							Heat:4, starttime: 11:58	
Heat: 4/5 Lane : 7 Athlete: DECALUWé HELENA							Q-time: 01:11:15	
PB (25m pool): 01:11.15 LEUVEN 21/12/2025				PB (50m pool): no time SB: 01:11.39 Leuven 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.14		01:11.15				
	00:33.14		00:38.01					
								

Coach feedback: