

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

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

Coaches: Vereecken Sven HEADCOACH

Coaches: Dillen Toon

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

| Event number: 53: 100M BUTTERFLY MEN 11-12   |           |           |           |           | Heat:4, starttime: 09:24            |
|----------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 4/9 Lane : 7 Athlete: RAMSDONCK KRIS   |           |           |           |           | Q-time: 01:27:24                    |
| PB (25m pool): 01:27.31 Herentals 09/05/2026 |           |           |           |           | PB (50m pool): 01:27.24 SB: no time |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                           |           | 00:39.19  |           | 01:27.31  |                                     |
|                                              | 00:39.19  |           | 00:48.12  |           |                                     |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 53: 100M BUTTERFLY MEN 11-12   |           |           |           |           | Heat:6, starttime: 09:28                               |
|----------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------|
| Heat: 6/9 Lane : 5 Athlete: MAES MATHIJS     |           |           |           |           | Q-time: 01:21:13                                       |
| PB (25m pool): 01:22.56 Herentals 09/05/2026 |           |           |           |           | PB (50m pool): 01:21.13 SB: 01:22.88 Nijlen 18/10/2026 |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                        |
| PB                                           |           | 00:37.29  |           | 01:22.56  |                                                        |
|                                              | 00:37.29  |           | 00:45.27  |           |                                                        |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                        |

Coach feedback:

| Event number: 59: 100M FREESTYLE MEN 11-12  |           |           |           |           | Heat:3, starttime: 10:39                            |
|---------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------|
| Heat: 3/10 Lane : 7 Athlete: RAMSDONCK KRIS |           |           |           |           | Q-time: 01:12:55                                    |
| PB (25m pool): 01:12.55 Mol 04/10/2026      |           |           |           |           | PB (50m pool): 01:14.33 SB: 01:12.55 Mol 04/10/2026 |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                     |
| PB                                          |           | 00:34.48  |           | 01:12.55  |                                                     |
|                                             | 00:34.48  |           | 00:38.07  |           |                                                     |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                                     |

Coach feedback:

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

| Event number: 59: 100M FREESTYLE MEN 11-12   |          |          |          |          | Heat:8, starttime: 10:47                               |
|----------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 8/10 Lane : 2 Athlete: MAES MATHIJS    |          |          |          |          | Q-time: 01:07:17                                       |
| PB (25m pool): 01:07.44 Herentals 09/05/2026 |          |          |          |          | PB (50m pool): 01:07.17 SB: 01:08.57 Nijlen 18/10/2026 |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                           |          | 00:32.01 |          | 01:07.44 |                                                        |
|                                              | 00:32.01 |          | 00:35.43 |          |                                                        |
|                                              | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 62: 200M BACKSTROKE WOMEN 13-14  |           |           |           |                                                       |           |           | Heat:3, starttime: 11:35 |           |
|------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/5    Lane : 3    Athlete: BOOGERS NOOR |           |           |           |                                                       |           |           | Q-time: 02:35:54         |           |
| PB (25m pool): 02:35.54    TEMSE 23/11/2025    |           |           |           | PB (50m pool): 02:38.79SB: 02:38.04    Mol 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                                             |           | 00:36.57  |           | 01:16.53                                              |           | 01:57.19  |                          | 02:35.54  |
|                                                | 00:36.57  |           | 00:39.96  |                                                       | 00:40.66  |           | 00:38.35                 |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 62: 200M BACKSTROKE WOMEN 13-14        |           |           |           |                                                        |           |           | Heat:3, starttime: 11:35 |           |
|------------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/5    Lane : 8    Athlete: VAN TILBURG FRAUKE |           |           |           |                                                        |           |           | Q-time: 02:38:73         |           |
| PB (25m pool): 02:38.73    TEMSE 23/11/2025          |           |           |           | PB (50m pool): 02:42.81 SB: 02:40.13    Mol 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                                                   |           | 00:36.79  |           | 01:17.30                                               |           | 01:58.57  |                          | 02:38.73  |
|                                                      | 00:36.79  |           | 00:40.51  |                                                        | 00:41.27  |           | 00:40.16                 |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                                              | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 63: 100M MEDLEY MEN 15-16                   |          |          |          |          | Heat:4, starttime: 11:51           |
|-----------------------------------------------------------|----------|----------|----------|----------|------------------------------------|
| Heat: 4/4 Lane : 7 Athlete: BEGUE MILANN                  |          |          |          |          | Q-time: 01:05:22                   |
| PB (25m pool): 01:05.22 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                                                        |          | 00:30.37 |          | 01:05.22 |                                    |
|                                                           | 00:30.37 |          | 00:34.85 |          |                                    |
|                                                           | .....    | .....    | .....    | .....    |                                    |

Coach feedback:

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

| Event number: 64: 100M MEDLEY WOMEN 15-16             |           |           |           |           | Heat:2, starttime: 11:55                           |
|-------------------------------------------------------|-----------|-----------|-----------|-----------|----------------------------------------------------|
| Heat: 2/5 Lane : 7 Athlete: VANLOMMEL LUISA VALENTINA |           |           |           |           | Q-time: 01:14:04                                   |
| PB (25m pool): 01:14.04 Mol 04/10/2026                |           |           |           |           | PB (50m pool): no time SB: 01:14.04 Mol 04/10/2026 |
|                                                       | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                    |
| PB                                                    |           | 00:34.40  |           | 01:14.04  |                                                    |
|                                                       | 00:34.40  |           | 00:39.64  |           |                                                    |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . . |                                                    |

Coach feedback:

| Event number: 64: 100M MEDLEY WOMEN 15-16                 |           |           |           |           | Heat:5, starttime: 12:00                           |
|-----------------------------------------------------------|-----------|-----------|-----------|-----------|----------------------------------------------------|
| Heat: 5/5 Lane : 1 Athlete: MAES JULIE                    |           |           |           |           | Q-time: 01:11:80                                   |
| PB (25m pool): 01:11.80 Stedelijk Zwembad Geel 15/02/2026 |           |           |           |           | PB (50m pool): no time SB: 01:12.65 Mol 04/10/2026 |
|                                                           | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                    |
| PB                                                        |           | 00:32.54  |           | 01:11.80  |                                                    |
|                                                           | 00:32.54  |           | 00:39.26  |           |                                                    |
|                                                           | . . . . . | . . . . . | . . . . . | . . . . . |                                                    |

Coach feedback: