

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

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

Coaches: Kindt Joachim HEADCOACH

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

Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:1, starttime: 09:07	
Heat: 1/3 Lane : 4 Athlete: BULLEN LOTTE							Q-time: 02:59:35	
PB (25m pool): 02:58.54 Lokeren 29/09/2024				PB (50m pool): 02:59.80SB: 02:59.35 EEKLO 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		no time		no time		no time		02:58.54
	no time							
								

Coach feedback:

Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:2, starttime: 09:11	
Heat: 2/3 Lane : 5 Athlete: RUYSSINCK DIEDE							Q-time: 02:48:91	
PB (25m pool): 02:48.91 Sinbad 16/03/2025				PB (50m pool): 02:54.55SB: 02:55.61 EEKLO 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		00:37.98		01:21.16		no time		02:48.91
	00:37.98		00:43.18					
								

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:4, starttime: 11:20	
Heat: 4/5 Lane : 2 Athlete: BLONDEEL NILS							Q-time: 02:30:07	
PB (25m pool): 02:30.07 EEKLO 04/10/2026				PB (50m pool): 02:38.38SB: 02:30.07 EEKLO 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		00:36.56		01:15.00		no time		02:30.07
	00:36.56		00:38.44					
								

Coach feedback:

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Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:4, starttime: 11:20	
Heat: 4/5 Lane : 8 Athlete: VERNAILLEN SEPPE							Q-time: 02:30:85	
PB (25m pool): 02:29.76 Sint-Amandsberg 18/10/2026				PB (50m pool): 02:32.44 SB: 02:29.76 Sint-Amandsberg 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		00:34.02		01:12.00		01:50.74		02:29.76
	00:34.02		00:37.98		00:38.74		00:39.02	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:5, starttime: 11:42	
Heat: 5/5 Lane : 6 Athlete: EELBODE EMELIE							Q-time: 02:28:51	
PB (25m pool): 02:37.63 T ROSCO 20/10/2024				PB (50m pool): 02:28.51 SB: 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		00:36.99		01:16.94		01:59.00		02:37.63
	00:36.99		00:39.95		00:42.06		00:38.63	
								

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16							Heat:5, starttime: 12:00	
Heat: 5/5 Lane : 8 Athlete: RUYSSINCK DIEDE							Q-time: 01:12:37	
PB (25m pool): 01:12.37 TEMSE 30/03/2025				PB (50m pool): no time SB: 01:12.95 EEKLO 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.73		01:12.37				
	00:33.73		00:38.64					
								

Coach feedback: