

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

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

Coaches: De Herdt An

Coaches: De Weerdt Koen

Coaches: De Belder Nathalie

Coaches: Jacob Sven

Coaches: Gijsemans Liesbet

Coaches: Wijsgeer Jan HEADCOACH

PB => Personal Best time

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

Event number: 51: 200M BREASTSTROKE MEN 15-16							Heat:1, starttime: 09:00	
Heat: 1/2 Lane : 5 Athlete: JACOB QINGKUN							Q-time: 02:38:73	
PB (25m pool): 02:38.73 Mol 04/10/2026				PB (50m pool): 02:42.97 SB: 02:38.73 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		00:36.56		01:17.75		01:58.50		02:38.73
	00:36.56		00:41.19		00:40.75		00:40.23	
								

Coach feedback:

Event number: 51: 200M BREASTSTROKE MEN 15-16							Heat:2, starttime: 09:03	
Heat: 2/2 Lane : 4 Athlete: WIJSGEER VIKTOR							Q-time: 02:27:62	
PB (25m pool): 02:27.62 Mol 04/10/2026				PB (50m pool): 02:31.04SB: 02:27.62 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		00:32.71		01:11.04		01:49.38		02:27.62
	00:32.71		00:38.33		00:38.34		00:38.24	
								

Coach feedback:

Event number: 51: 200M BREASTSTROKE MEN 15-16							Heat:2, starttime: 09:03	
Heat: 2/2 Lane : 7 Athlete: MERTENS GERBEN							Q-time: 02:36:81	
PB (25m pool): 02:36.81 Mol 04/10/2026				PB (50m pool): 02:37.60 SB: 02:36.81 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		00:34.93		01:15.72		01:56.69		02:36.81
	00:34.93		00:40.79		00:40.97		00:40.12	
								

Coach feedback:

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Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:1, starttime: 09:07	
Heat: 1/3 Lane : 5 Athlete: VAN REETH LIEZE							Q-time: 03:05:32	
PB (25m pool): 03:05.32 Mol 04/10/2026				PB (50m pool): 03:09.63 SB: 03:05.32 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		00:41.19		01:27.92		02:16.53		03:05.32
	00:41.19		00:46.73		00:48.61		00:48.79	
								

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12										Heat:5, starttime: 09:44	
Heat: 5/10 Lane : 7 Athlete: VAN BREEDAM LENA										Q-time: 01:26:93	
PB (25m pool): no time					PB (50m pool): 01:26.93 SB: no time						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			no time				no time				
	no time										
											

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12										Heat:7, starttime: 11:02	
Heat: 7/10 Lane : 3 Athlete: VAN BREEDAM LENA									Q-time: 01:08:07		
PB (25m pool): 01:08.07 Mol 04/10/2026					PB (50m pool): 01:08.70 SB: 01:08.07 Mol 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:32.57				01:08.07				
	00:32.57				00:35.50						
											

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:2, starttime: 11:13	
Heat: 2/5 Lane : 3 Athlete: DE WEERDT BENT							Q-time: 02:36:67	
PB (25m pool): 02:36.67 Mol 04/10/2026				PB (50m pool): 02:57.80SB: 02:36.67 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		00:37.98		01:18.11		01:57.87		02:36.67
	00:37.98		00:40.13		00:39.76		00:38.80	
								

Coach feedback: