

VJK KB Diksmuide 26: Session: 6: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Smedt Leny HEADCOACH

Coaches: Bijloos Annie

PB => Personal Best time

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

Event number: 66: 400M MEDLEY WOMEN 15-16 Heat:2, starttime: 14:48

Heat: 2/2 Lane : 7 Athlete: VAN DEN BREMT SARAH							Q-time: 05:20:62	
PB (25m pool): 05:20.62 T ROSCO 12/10/2025				PB (50m pool): 05:24.01 SB: 05:30.35 EEKLO 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		00:33.91		01:13.74		01:54.68		02:34.21
	00:33.91		00:39.83		00:40.94		00:39.53	
								
	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		03:20.80		04:08.49		04:45.67		05:20.62
	00:46.59		00:47.69		00:37.18		00:34.95	
								

Coach feedback:

Event number: 68: 100M MEDLEY WOMEN 13-14 Heat:2, starttime: 15:06

Heat: 2/4 Lane : 7 Athlete: VAN DE WINKEL LOLA							Q-time: 01:14:80	
PB (25m pool): 01:14.80 Durmehal 27/09/2026				PB (50m pool): no time SB: 01:14.80 Durmehal 27/09/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.48		01:14.80				
	00:35.48		00:39.32					
								

Coach feedback:

Event number: 69: 50M BUTTERFLY MEN 15-16 Heat:2, starttime: 15:13

Heat: 2/5 Lane : 8 Athlete: VERHULST MEINDERT							Q-time: 00:29:17	
PB (25m pool): 00:29.40 EEKLO 04/10/2026				PB (50m pool): 00:29.17 SB: 00:29.40 EEKLO 04/10/2026				
	2 5 M		5 0 M					
PB			00:29.40					
	00:29.40							
								

Coach feedback:

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Event number: 73: 100M FREESTYLE MEN 15-16					Heat:2, starttime: 15:41
Heat: 2/8 Lane : 5 Athlete: VERHULST MEINDERT					Q-time: 00:58:48
PB (25m pool): 00:58.48 TEMSE 23/11/2025					PB (50m pool): 00:59.50 SB: 00:58.75 Durmehal 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.28		00:58.48	
	00:28.28		00:30.20		
					

Coach feedback:

Event number: 76: 200M BREASTSTROKE WOMEN 13-14							Heat:2, starttime: 16:24	
Heat: 2/3 Lane : 6 Athlete: VAN DE WINKEL LOLA							Q-time: 02:55:07	
PB (25m pool): 02:55.07 Durmehal 27/09/2026				PB (50m pool): 03:02.65 SB: 02:55.07 Durmehal 27/09/2026				
	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		00:40.59		01:25.76		02:11.31		02:55.07
	00:40.59		00:45.17		00:45.55		00:43.76	
								

Coach feedback: