

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

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

Coaches: Mulkers Lander HEADCOACH

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

Event number: 65: 400M MEDLEY MEN 15-16							Heat:2, starttime: 14:36	
Heat: 2/2 Lane : 2 Athlete: VANDEPOEL QUINTEN							Q-time: 04:52:15	
PB (25m pool): 04:52.15 Hasselt 04/10/2026				PB (50m pool): 04:59.95SB: 04:52.15 Hasselt 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		00:30.80		01:07.91		01:45.65		02:22.21
	00:30.80		00:37.11		00:37.74		00:36.56	
								
	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		03:05.47		03:48.34		04:21.06		04:52.15
	00:43.26		00:42.87		00:32.72		00:31.09	
								

Coach feedback:

Event number: 66: 400M MEDLEY WOMEN 15-16							Heat:1, starttime: 14:42	
Heat: 1/2 Lane : 5 Athlete: BEUNCKENS TESS							Q-time: 05:35:19	
PB (25m pool): 05:35.19 Herentals 10/10/2026				PB (50m pool): 05:42.53SB: 05:35.19 Herentals 10/10/2026				
	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		00:37.55		01:20.71		02:02.47		02:44.33
	00:37.55		00:43.16		00:41.76		00:41.86	
								
	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		03:31.23		04:18.70		04:57.98		05:35.19
	00:46.90		00:47.47		00:39.28		00:37.21	
								

Coach feedback:

Event number: 73: 100M FREESTYLE MEN 15-16							Heat:6, starttime: 15:47			
Heat: 6/8 Lane : 4 Athlete: VANGROOTLOON JEF							Q-time: 00:52:09			
PB (25m pool): 00:52.09 Hasselt 04/10/2026				PB (50m pool): 00:52.48SB: 00:52.09 Hasselt 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:24.91				00:52.09			
	00:24.91				00:27.18					
										

Coach feedback:

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Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:1, starttime: 15:52
Heat: 1/7 Lane : 2 Athlete: VERLEYSSEN NOA					Q-time: 01:05:54
PB (25m pool): 01:06.33 Temse 17/11/2025					PB (50m pool): 01:05.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.77		01:06.33	
	00:32.77		00:33.56		
					

Coach feedback:

Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:6, starttime: 16:00
Heat: 6/7 Lane : 7 Athlete: SARGESJAN NALA					Q-time: 01:00:68
PB (25m pool): 01:00.68 Hasselt 12/10/2025					PB (50m pool): 01:01.52 SB: 01:01.25 Hasselt 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:00.68	
	no time				
					

Coach feedback:

Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:6, starttime: 16:00
Heat: 6/7 Lane : 8 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 01:01:38
PB (25m pool): 01:02.14 Pelt 27/09/2026					PB (50m pool): 01:01.38 SB: 01:02.14 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.14		01:02.14	
	00:30.14		00:32.00		
					

Coach feedback: