

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

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

Coaches: Lejeune Melanie

Coaches: Lejeune Yves 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 : 5 Athlete: VAN SINTEJAN ROMAIN							Q-time: 04:44:21	
PB (25m pool): 04:44.21 Leuven 04/10/2026				PB (50m pool): 04:47.73SB: 04:44.21 Leuven 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		00:29.63		01:04.21		01:41.21		02:17.85
	00:29.63		00:34.58		00:37.00		00:36.64	
								
	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		02:57.45		03:39.04		04:12.14		04:44.21
	00:39.60		00:41.59		00:33.10		00:32.07	
								

Coach feedback:

Event number: 66: 400M MEDLEY WOMEN 15-16							Heat:2, starttime: 14:48	
Heat: 2/2 Lane : 3 Athlete: GANSEMANS KESSY							Q-time: 05:06:88	
PB (25m pool): 05:06.88 Gent 09/11/2025				PB (50m pool): 05:15.85 SB: 05:09.21 Leuven 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		00:32.85		01:11.76		01:50.70		02:29.28
	00:32.85		00:38.91		00:38.94		00:38.58	
								
	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		03:13.42		03:57.04		04:32.59		05:06.88
	00:44.14		00:43.62		00:35.55		00:34.29	
								

Coach feedback:

Event number: 66: 400M MEDLEY WOMEN 15-16							Heat:2, starttime: 14:48	
Heat: 2/2 Lane : 4 Athlete: VEDERNIKOVA VERA							Q-time: 04:58:68	
PB (25m pool): 04:58.68 Gent 09/11/2025				PB (50m pool): 05:02.26SB: 05:07.41 Leuven 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		00:31.39		01:07.73		01:46.92		02:24.74
	00:31.39		00:36.34		00:39.19		00:37.82	
								
	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		03:08.04		03:51.98		04:26.16		04:58.68
	00:43.30		00:43.94		00:34.18		00:32.52	
					E-jury: · 2026-10-24	time: 06:30:27pm	Page: 1 / 3	

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Event number: 69: 50M BUTTERFLY MEN 15-16				Heat:2, starttime: 15:13	
Heat: 2/5 Lane : 5 Athlete: LASCARACHE CHRISTIAN				Q-time: 00:28:78	
PB (25m pool): 00:28.78 Leuven 04/10/2026				PB (50m pool): 00:29.39 SB: 00:28.78 Leuven 04/10/2026	
	2 5 M	5 0 M			
PB		00:28.78			
		00:28.78			
					

Coach feedback:

Event number: 69: 50M BUTTERFLY MEN 15-16				Heat:4, starttime: 15:15	
Heat: 4/5 Lane : 3 Athlete: VAN SINTEJAN ROMAIN				Q-time: 00:26:77	
PB (25m pool): 00:26.84 Mons 26/10/2025				PB (50m pool): 00:26.77 SB: 00:27.11 Leuven 04/10/2026	
	2 5 M	5 0 M			
PB		00:26.84			
		00:26.84			
					

Coach feedback:

Event number: 72: 100M BUTTERFLY WOMEN 13-14				Heat:1, starttime: 15:30	
Heat: 1/5 Lane : 4 Athlete: MASAITE MILDA				Q-time: 01:20:61	
PB (25m pool): 01:20.61 Mons 26/10/2025				PB (50m pool): 01:25.69 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.95		01:20.61	
		00:37.95		00:42.66	
					

Coach feedback:

Event number: 73: 100M FREESTYLE MEN 15-16				Heat:6, starttime: 15:47	
Heat: 6/8 Lane : 2 Athlete: LASCARACHE CHRISTIAN				Q-time: 00:55:38	
PB (25m pool): 00:55.38 Leuven 04/10/2026				PB (50m pool): 00:56.93 SB: 00:55.38 Leuven 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.68		00:55.38	
		00:26.68		00:28.70	
					

Coach feedback:

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Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:1, starttime: 15:52								
Heat: 1/7 Lane : 4 Athlete: EL MARGOUM INES					Q-time: 01:03:45								
PB (25m pool): 01:03.45 Leuven 04/10/2026							PB (50m pool): 01:04.35 SB: 01:03.45 Leuven 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M						
PB			00:30.52				01:03.45						
	00:30.52				00:32.93								
													

Coach feedback: