

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

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

Coaches: Wouters Maxim HEADCOACH

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

Event number: 66: 400M MEDLEY WOMEN 15-16							Heat:1, starttime: 14:42	
Heat: 1/2 Lane : 6 Athlete: JANSSENS ELISABETH							Q-time: 05:42:27	
PB (25m pool): 05:39.18 Herentals 05/10/2024				PB (50m pool): 05:44.95SB: no time				
	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		00:36.11		01:21.16		02:04.40		02:46.36
	00:36.11		00:45.05		00:43.24		00:41.96	
								
	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		03:34.76		04:23.33		05:02.60		05:39.18
	00:48.40		00:48.57		00:39.27		00:36.58	
								

Coach feedback:

Event number: 70: 50M BUTTERFLY WOMEN 15-16										Heat:1, starttime: 15:17	
Heat: 1/5 Lane : 3 Athlete: DURT REINE										Q-time: 00:32:54	
PB (25m pool): 00:32.54 Herentals 09/05/2026										PB (50m pool): 00:41.94 SB: no time	
	2 5 M		5 0 M								
PB			00:32.54								
			00:32.54								
											

Coach feedback:

Event number: 74: 100M FREESTYLE WOMEN 15-16							Heat:2, starttime: 15:53	
Heat: 2/7 Lane : 8 Athlete: BELLENS LORE							Q-time: 01:03:45	
PB (25m pool): 01:03.45 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:05.76SB: 01:03.83 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:30.07		01:03.45				
	00:30.07		00:33.38					
								

Coach feedback:

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Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:3, starttime: 15:55	
Heat: 3/7 Lane : 1 Athlete: JANSSENS ELISABETH					Q-time: 01:02:74	
PB (25m pool): 01:02.74 Herentals 09/05/2026 PB (50m pool): 01:04.63 SB: 01:03.38 Mol 04/10/2026						
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:30.49		01:02.74		
	00:30.49		00:32.25			
						

Coach feedback: