

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

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

Coaches: Iannino David HEADCOACH

Coaches: Januarius Elke

Coaches: Januarius Bart

Coaches: Leemans Mats

PB => Personal Best time

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

Event number: 65: 400M MEDLEY MEN 15-16 Heat:1, starttime: 14:30

Heat: 1/2 Lane : 1 Athlete: HALLET BRENT Q-time: 05:19:17

PB (25m pool): 05:19.17 Leuven 04/10/2026 PB (50m pool): 05:37.10 SB: 05:19.17 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		00:31.56		01:10.56		01:52.24		02:32.74
	00:31.56		00:39.00		00:41.68		00:40.50	
								
	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		03:17.83		04:04.27		04:42.10		05:19.17
	00:45.09		00:46.44		00:37.83		00:37.07	
								

Coach feedback:

Event number: 67: 100M MEDLEY MEN 13-14 Heat:4, starttime: 15:00

Heat: 4/5 Lane : 3 Athlete: LESCRAUWAET MAX Q-time: 01:09:76

PB (25m pool): 01:09.76 Leuven 04/10/2026 PB (50m pool): no time SB: 01:09.76 Leuven 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:32.69		01:09.76
	00:32.69		00:37.07	
				

Coach feedback:

Event number: 68: 100M MEDLEY WOMEN 13-14 Heat:3, starttime: 15:08

Heat: 3/4 Lane : 5 Athlete: IANNINO VALENTINA Q-time: 01:09:21

PB (25m pool): 01:09.21 Tervuren 10/10/2026 PB (50m pool): no time SB: 01:09.21 Tervuren 10/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		no time		01:09.21
	no time			
				

Coach feedback:

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Event number: 68: 100M MEDLEY WOMEN 13-14					Heat:4, starttime: 15:09
Heat: 4/4 Lane : 7 Athlete: DHONDT ANNELIEN					Q-time: 01:13:55
PB (25m pool): 01:13.55 Tervuren 10/10/2026					PB (50m pool): no time SB: 01:13.55 Tervuren 10/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.55	
	no time				
					

Coach feedback:

Event number: 72: 100M BUTTERFLY WOMEN 13-14					Heat:2, starttime: 15:32
Heat: 2/5 Lane : 5 Athlete: DHONDT ANNELIEN					Q-time: 01:15:05
PB (25m pool): 01:15.05 Leuven 04/10/2026					PB (50m pool): 01:20.51 SB: 01:15.05 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.11		01:15.05	
	00:34.11 00:40.94				
					

Coach feedback:

Event number: 72: 100M BUTTERFLY WOMEN 13-14					Heat:4, starttime: 15:36
Heat: 4/5 Lane : 6 Athlete: AELEN BENTE					Q-time: 01:10:94
PB (25m pool): 01:12.61 Sint-Pieters-Leeuw 18/10/2026					PB (50m pool): 01:10.94 SB: 01:12.61 Sint-Pieters-Leeuw 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:12.61	
	00:34.48 00:38.13				
					

Coach feedback:

Event number: 72: 100M BUTTERFLY WOMEN 13-14					Heat:4, starttime: 15:36
Heat: 4/5 Lane : 8 Athlete: IANNINO VALENTINA					Q-time: 01:14:79
PB (25m pool): 01:11.97 Sint-Pieters-Leeuw 18/10/2026					PB (50m pool): 01:18.91 SB: 01:11.97 Sint-Pieters-Leeuw 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.57		01:11.97	
	00:33.57 00:38.40				
					

Coach feedback:

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Event number: 73: 100M FREESTYLE MEN 15-16					Heat:3, starttime: 15:43
Heat: 3/8 Lane : 2 Athlete: HALLET BRENT					Q-time: 00:57:99
PB (25m pool): 00:58.15 Leuven 04/10/2026					PB (50m pool): 00:59.46 SB: 00:58.15 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:58.15	
	no time				
					

Coach feedback:

Event number: 73: 100M FREESTYLE MEN 15-16					Heat:3, starttime: 15:43
Heat: 3/8 Lane : 5 Athlete: BAS BRIEK					Q-time: 00:57:63
PB (25m pool): 00:57.56 Sint-Pieters-Leeuw 18/10/2026					PB (50m pool): 01:00.03 SB: 00:57.56 Sint-Pieters-Leeuw 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.31		00:57.56	
	00:27.31 00:30.25				
					

Coach feedback:

Event number: 75: 200M BREASTSTROKE MEN 13-14							Heat:5, starttime: 16:17	
Heat: 5/5 Lane : 2 Athlete: LESCRAUWAET MAX							Q-time: 02:40:85	
PB (25m pool): 02:40.85 Leuven 04/10/2026				PB (50m pool): 02:40.92 SB: 02:40.85 Leuven 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		00:36.50		01:18.07		02:00.82		02:40.85
	00:36.50		00:41.57		00:42.75		00:40.03	
								

Coach feedback: