

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

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

Coaches: Vanden Abeele Syl

Coaches: Heyligen Bert

Coaches: Planckaert Pieter HEADCOACH

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 : 2 Athlete: DHAENE NIELS **Q-time: 05:13:47**

PB (25m pool): 05:13.47 Meulebeke 19/04/2026 **PB (50m pool): 05:32.71 SB: 05:14.01 Brugge 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		no time		01:13.71		no time		no time
	no time							
								
	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		no time		no time		no time		05:13.47
								

Coach feedback:

Event number: 67: 100M MEDLEY MEN 13-14 **Heat:3, starttime: 14:58**

Heat: 3/5 Lane : 7 Athlete: HEYLIGEN FELL **Q-time: 01:12:90**

PB (25m pool): 01:12.90 Waregem 26/09/2026 **PB (50m pool): no time SB: 01:12.90 Waregem 26/09/2026**

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.90	
	no time				
					

Coach feedback:

Event number: 68: 100M MEDLEY WOMEN 13-14 **Heat:4, starttime: 15:09**

Heat: 4/4 Lane : 4 Athlete: LIBBRECHT ZOë **Q-time: 01:06:63**

PB (25m pool): 01:06.63 Waregem 26/09/2026 **PB (50m pool): no time SB: 01:06.63 Waregem 26/09/2026**

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:06.63	
	no time				
					

Coach feedback:

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Event number: 69: 50M BUTTERFLY MEN 15-16										Heat:4, starttime: 15:15																			
Heat: 4/5 Lane : 7 Athlete: DEMEYERE LARS																				Q-time: 00:28:05									
PB (25m pool): 00:28.05 Waregem 26/09/2026										PB (50m pool): 00:28.18 SB: 00:28.05 Waregem 26/09/2026																			
		2 5 M				5 0 M																							
PB						00:28.05																							
		00:28.05																											
																													

Coach feedback:

Event number: 73: 100M FREESTYLE MEN 15-16					Heat:2, starttime: 15:41	
Heat: 2/8 Lane : 4 Athlete: DHAENE NIELS					Q-time: 00:58:47	
PB (25m pool): 00:58.47 LAGO Zwevegem 25/05/2026					PB (50m pool): 00:59.17 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:28.55		00:58.47		
	00:28.55		00:29.92			
						

Coach feedback:

Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:2, starttime: 15:53	
Heat: 2/7 Lane : 2 Athlete: BONASSI HÉLÈNE					Q-time: 01:03:09	
PB (25m pool): 01:03.09 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:03.94 SB: 01:03.83 Brugge 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:30.53		01:03.09		
	00:30.53		00:32.56			
						

Coach feedback:

Event number: 75: 200M BREASTSTROKE MEN 13-14						Heat:3, starttime: 16:10	
Heat: 3/5 Lane : 4 Athlete: HEYLIGEN FELL						Q-time: 02:50:48	
PB (25m pool): 02:50.48 Brugge 04/10/2026						PB (50m pool): 02:55.23 SB: 02:50.48 Brugge 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		00:38.07		01:21.99		02:05.75	02:50.48
	00:38.07		00:43.92		00:43.76		00:44.73
							

Coach feedback: