

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

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

Coaches: Tieghem Kristof

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Lefever Elisa

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

Event number: 68: 100M MEDLEY WOMEN 13-14					Heat:4, starttime: 15:09
Heat: 4/4 Lane : 1 Athlete: DEMAREST HAILEY					Q-time: 01:15:34
PB (25m pool): 01:15.34 Diksmuide 28/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.21		01:15.34	
	00:36.21		00:39.13		
					

Coach feedback:

Event number: 71: 100M BUTTERFLY MEN 13-14					Heat:4, starttime: 15:28
Heat: 4/4 Lane : 3 Athlete: VAN BRABANT BENJAMIN					Q-time: 01:05:66
PB (25m pool): 01:05.66 Brugge 04/10/2026					PB (50m pool): 01:08.45 SB: 01:05.66 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.76		01:05.66	
	00:30.76		00:34.90		
					

Coach feedback:

Event number: 75: 200M BREASTSTROKE MEN 13-14							Heat:1, starttime: 16:03	
Heat: 1/5 Lane : 4 Athlete: STAELEN QUINTEN							Q-time: 03:05:59	
PB (25m pool): 02:50.90 Brugge 04/10/2026				PB (50m pool): 03:01.34SB: 02:50.90 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		00:38.75		01:22.61		02:06.74		02:50.90
	00:38.75		00:43.86		00:44.13		00:44.16	
								

Coach feedback:

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Event number: 76: 200M BREASTSTROKE WOMEN 13-14							Heat:2, starttime: 16:24	
Heat: 2/3 Lane : 2 Athlete: CASTELEYN YANA							Q-time: 02:56:95	
PB (25m pool): 02:56.95 Ettelbruck 19/04/2026				PB (50m pool): 02:59.12 SB: 03:01.13 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		00:40.49		01:25.56		02:11.34		02:56.95
	00:40.49		00:45.07		00:45.78		00:45.61	
								

Coach feedback:

Event number: 76: 200M BREASTSTROKE WOMEN 13-14							Heat:3, starttime: 16:28	
Heat: 3/3 Lane : 6 Athlete: DEMAREST HAILEY							Q-time: 02:50:75	
PB (25m pool): 02:50.75 Temse 17/11/2025				PB (50m pool): 02:52.30 SB: no time				
	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		00:39.30		01:23.08		02:07.02		02:50.75
	00:39.30		00:43.78		00:43.94		00:43.73	
								

Coach feedback: