

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

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

Coaches: Loeman Efiennia

Coaches: Mertens Tijl

Coaches: Wauters Tine HEADCOACH

Coaches: Janssen Koen

Coaches: Jacobs Karen

Coaches: Callebaut Joris

Coaches: Verbinnen Nadine

Coaches: Schepens Koen

PB => Personal Best time

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

Event number: 66: 400M MEDLEY WOMEN 15-16 Heat:2, starttime: 14:48

Heat: 2/2 Lane : 6 Athlete: BOHMER JANNE Q-time: 05:18:65

PB (25m pool): 05:18.65 Aarschot 27/07/2026 PB (50m pool): 05:29.00 SB: 05:21.39 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		00:34.53		01:14.16		no time		no time
		00:34.53		00:39.63				
								
	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		05:18.65
								

Coach feedback:

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

Heat: 3/5 Lane : 6 Athlete: MERTENS LANDER Q-time: 01:11:20

PB (25m pool): 01:11.20 Leuven 04/10/2026 PB (50m pool): no time SB: 01:11.20 Leuven 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.49		01:11.20	
		00:32.49		00:38.71	
					

Coach feedback:

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Event number: 67: 100M MEDLEY MEN 13-14					Heat:4, starttime: 15:00
Heat: 4/5 Lane : 2 Athlete: SCHEPENS TOOR					Q-time: 01:11:41
PB (25m pool): 01:11.41 Leuven 04/10/2026					PB (50m pool): no time SB: 01:11.41 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.17		01:11.41	
	00:33.17		00:38.24		
					

Coach feedback:

Event number: 68: 100M MEDLEY WOMEN 13-14					Heat:2, starttime: 15:06
Heat: 2/4 Lane : 1 Athlete: JANSSEN LUCY					Q-time: 01:15:70
PB (25m pool): 01:15.70 Leuven 04/10/2026					PB (50m pool): no time SB: 01:15.70 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.80		01:15.70	
	00:34.80		00:40.90		
					

Coach feedback:

Event number: 68: 100M MEDLEY WOMEN 13-14					Heat:4, starttime: 15:09
Heat: 4/4 Lane : 2 Athlete: UYTTERHOEVEN FIEBE					Q-time: 01:12:92
PB (25m pool): 01:12.92 Leuven 04/10/2026					PB (50m pool): no time SB: 01:12.92 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.79		01:12.92	
	00:34.79		00:38.13		
					

Coach feedback:

Event number: 70: 50M BUTTERFLY WOMEN 15-16					Heat:2, starttime: 15:18
Heat: 2/5 Lane : 7 Athlete: DECALUWé HELENA					Q-time: 00:31:79
PB (25m pool): 00:31.79 Herentals 09/05/2026					PB (50m pool): 00:32.84 SB: 00:32.40 Leuven 04/10/2026
	2 5 M	5 0 M			
PB		00:31.79			
	00:31.79				
					

Coach feedback:

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Event number: 70: 50M BUTTERFLY WOMEN 15-16							Heat:5, starttime: 15:21	
Heat: 5/5 Lane : 6 Athlete: THIJS MAAIKE							Q-time: 00:30:36	
PB (25m pool): 00:30.73 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:30.36 SB: 00:31.46 Leuven 04/10/2026								
	2 5 M		5 0 M					
PB			00:30.73					
	00:30.73							
								

Coach feedback:

Event number: 71: 100M BUTTERFLY MEN 13-14					Heat:1, starttime: 15:23
Heat: 1/4 Lane : 3 Athlete: SCHEPENS TOOR					Q-time: 01:16:10
PB (25m pool): 01:16.10 Zwembad De Motte 14/07/2026					PB (50m pool): 01:17.65 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.85		01:16.10	
	00:34.85		00:41.25		
					

Coach feedback:

Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:4, starttime: 15:56
Heat: 4/7 Lane : 3 Athlete: THIJS MAAIKE					Q-time: 01:01:69
PB (25m pool): 01:01.69 Herentals 09/05/2026					PB (50m pool): 01:02.83SB: 01:02.63 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.89		01:01.69	
	00:29.89		00:31.80		
					

Coach feedback:

Event number: 76: 200M BREASTSTROKE WOMEN 13-14							Heat:2, starttime: 16:24	
Heat: 2/3 Lane : 4 Athlete: UYTTERHOEVEN FIEBE							Q-time: 02:53:58	
PB (25m pool): 02:53.58 Aarschot 26/04/2026								

Coach feedback: