

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

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

Coaches: Vereecken Sven HEADCOACH

Coaches: Dillen Toon

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 : 3 Athlete: MAES JULIE							Q-time: 05:38:47	
PB (25m pool): no time			PB (50m pool): 05:38.47 SB: 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		no time		no time		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		no time
								

Coach feedback:

Event number: 67: 100M MEDLEY MEN 13-14							Heat:4, starttime: 15:00			
Heat: 4/5 Lane : 4 Athlete: DILLEN FINN							Q-time: 01:04:81			
PB (25m pool): 01:04.81 Mol 04/10/2026				PB (50m pool): no time SB: 01:04.81 Mol 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:31.25				01:04.81			
	00:31.25				00:33.56					
										

Coach feedback:

Event number: 69: 50M BUTTERFLY MEN 15-16							Heat:4, starttime: 15:15		
Heat: 4/5 Lane : 8 Athlete: BEGUE MILANN							Q-time: 00:28:52		
PB (25m pool): 00:28.52 Aarschot 27/07/2026							PB (50m pool): 00:29.03 SB: 00:28.65 Mol 04/10/2026		
	2 5 M		5 0 M						
PB			00:28.52						
			00:28.52						
									

Coach feedback:

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Event number: 73: 100M FREESTYLE MEN 15-16					Heat:8, starttime: 15:50
Heat: 8/8 Lane : 1 Athlete: BEGUE MILANN					Q-time: 00:55:76
PB (25m pool): 00:55.76 Groenenhoek Berchem 10/10/2026					PB (50m pool): 00:57.18 SB: 00:55.76 Groenenhoek Berchem 10/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.03		00:55.76	
	00:27.03		00:28.73		
					

Coach feedback:

Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:3, starttime: 15:55
Heat: 3/7 Lane : 7 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 01:02:69
PB (25m pool): 01:02.69 Herentals 09/05/2026					PB (50m pool): 01:04.02 SB: 01:03.13 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.29		01:02.69	
	00:30.29		00:32.40		
					

Coach feedback:

Event number: 75: 200M BREASTSTROKE MEN 13-14						Heat:5, starttime: 16:17		
Heat: 5/5 Lane : 3 Athlete: DILLEN FINN						Q-time: 02:38:22		
PB (25m pool): 02:38.22 Mol 04/10/2026						PB (50m pool): 02:46.37 SB: 02:38.22 Mol 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		00:35.11		01:15.65		01:57.82		02:38.22
	00:35.11		00:40.54		00:42.17		00:40.40	
								

Coach feedback: