

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

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

Coaches: Van Dooren Glenn

Coaches: Dekker Tamiko

Coaches: Faes Sandra

Coaches: Blaton Joke HEADCOACH

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

Event number: 70: 50M BUTTERFLY WOMEN 15-16				Heat:2, starttime: 15:18
Heat: 2/5 Lane : 6 Athlete: LEMBRECHTS SOPHIE				Q-time: 00:31:53
PB (25m pool): 00:31.53 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:32.91 SB: no time				
	2 5 M	5 0 M		
PB		00:31.53		
		00:31.53		
				

Coach feedback:

Event number: 71: 100M BUTTERFLY MEN 13-14				Heat:3, starttime: 15:26
Heat: 3/4 Lane : 1 Athlete: THIJSBAERT NIO				Q-time: 01:11:81
PB (25m pool): 01:12.03 Mol 04/10/2026 PB (50m pool): 01:11.81 SB: 01:12.03 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:32.76		01:12.03
		00:32.76		00:39.27
				

Coach feedback:

Event number: 71: 100M BUTTERFLY MEN 13-14				Heat:3, starttime: 15:26
Heat: 3/4 Lane : 6 Athlete: SEYMUS AXEL				Q-time: 01:08:04
PB (25m pool): 01:08.04 Mol 04/10/2026 PB (50m pool): 01:09.25 SB: 01:08.04 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:31.76		01:08.04
		00:31.76		00:36.28
				

Coach feedback:

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Event number: 72: 100M BUTTERFLY WOMEN 13-14					Heat:2, starttime: 15:32
Heat: 2/5 Lane : 7 Athlete: VERMAELEN MIYA					Q-time: 01:17:32
PB (25m pool): 01:16.14 Nijlen 18/10/2026			PB (50m pool): 01:20.93 SB: 01:16.14 Nijlen 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.92		01:16.14	
	00:33.92		00:42.22		
					

Coach feedback:

Event number: 73: 100M FREESTYLE MEN 15-16					Heat:2, starttime: 15:41
Heat: 2/8 Lane : 6 Athlete: VAN DOOREN WARRE					Q-time: 00:58:63
PB (25m pool): 00:58.36 Nijlen 18/10/2026			PB (50m pool): 01:00.16 SB: 00:58.36 Nijlen 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.93		00:58.36	
	00:27.93		00:30.43		
					

Coach feedback:

Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:1, starttime: 15:52
Heat: 1/7 Lane : 3 Athlete: LEMBRECHTS SOPHIE					Q-time: 01:03:74
PB (25m pool): 01:03.74 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:04.21 SB: 01:06.28 Nijlen 18/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.86		01:03.74	
	00:30.86		00:32.88		
					

Coach feedback:

Event number: 75: 200M BREASTSTROKE MEN 13-14							Heat:2, starttime: 16:07	
Heat: 2/5 Lane : 1 Athlete: THIJSBAERT NIO							Q-time: 03:01:02	
PB (25m pool): 03:01.02 Mol 04/10/2026				PB (50m pool): 03:07.49SB: 03:01.02 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		00:40.27		01:26.28		02:13.72		03:01.02
	00:40.27		00:46.01		00:47.44		00:47.30	
								

Coach feedback:

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Event number: 75: 200M BREASTSTROKE MEN 13-14							Heat:3, starttime: 16:10	
Heat: 3/5 Lane : 6 Athlete: SEYMUS AXEL							Q-time: 02:51:87	
PB (25m pool): 02:51.87 Mol 04/10/2026				PB (50m pool): 02:55.79SB: 02:51.87 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		00:38.73		01:23.12		02:07.99		02:51.87
	00:38.73		00:44.39		00:44.87		00:43.88	
								

Coach feedback:

Event number: 75: 200M BREASTSTROKE MEN 13-14							Heat:5, starttime: 16:17	
Heat: 5/5 Lane : 5 Athlete: VERDONCK STAN							Q-time: 02:36:88	
PB (25m pool): 02:36.88 Mol 04/10/2026				PB (50m pool): 02:44.59SB: 02:36.88 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		00:35.62		01:16.16		01:57.13		02:36.88
	00:35.62		00:40.54		00:40.97		00:39.75	
								

Coach feedback:

Event number: 76: 200M BREASTSTROKE WOMEN 13-14							Heat:2, starttime: 16:24	
Heat: 2/3 Lane : 7 Athlete: VERMAELEN MIYA							Q-time: 02:57:98	
PB (25m pool): 02:57.98 Heist Op Den Berg 11/01/2025				PB (50m pool): 02:59.53SB: 03:01.15 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		00:41.13		no time		no time		02:57.98
	00:41.13							
								

Coach feedback: