

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

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

Coaches: Kindt Joachim HEADCOACH

PB => Personal Best time

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

| Event number: 67: 100M MEDLEY MEN 13-14   |           |           |                                    |           | Heat:1, starttime: 14:54 |
|-------------------------------------------|-----------|-----------|------------------------------------|-----------|--------------------------|
| Heat: 1/5 Lane : 4 Athlete: WALTNIEL BAVO |           |           |                                    |           | Q-time: 01:23:21         |
| PB (25m pool): 01:23.21 TEMSE 30/03/2025  |           |           | PB (50m pool): no time SB: no time |           |                          |
|                                           | 2 5 M     | 5 0 M     | 7 5 M                              | 1 0 0 M   |                          |
| PB                                        |           | 00:41.10  |                                    | 01:23.21  |                          |
|                                           | 00:41.10  |           | 00:42.11                           |           |                          |
|                                           | . . . . . | . . . . . | . . . . .                          | . . . . . |                          |

Coach feedback:

| Event number: 67: 100M MEDLEY MEN 13-14       |           |           |                                    |           | Heat:4, starttime: 15:00 |
|-----------------------------------------------|-----------|-----------|------------------------------------|-----------|--------------------------|
| Heat: 4/5 Lane : 8 Athlete: TER-EGANYAN ARMAN |           |           |                                    |           | Q-time: 01:14:03         |
| PB (25m pool): 01:14.03 Zottegem 01/03/2026   |           |           | PB (50m pool): no time SB: no time |           |                          |
|                                               | 2 5 M     | 5 0 M     | 7 5 M                              | 1 0 0 M   |                          |
| PB                                            |           | no time   |                                    | 01:14.03  |                          |
|                                               | no time   |           |                                    |           |                          |
|                                               | . . . . . | . . . . . | . . . . .                          | . . . . . |                          |

Coach feedback:

| Event number: 68: 100M MEDLEY WOMEN 13-14      |           |           |                                    |           | Heat:1, starttime: 15:04 |
|------------------------------------------------|-----------|-----------|------------------------------------|-----------|--------------------------|
| Heat: 1/4 Lane : 4 Athlete: OSSELAER GEIKE     |           |           |                                    |           | Q-time: 01:16:10         |
| PB (25m pool): 01:16.10 Dendermonde 22/11/2025 |           |           | PB (50m pool): no time SB: no time |           |                          |
|                                                | 2 5 M     | 5 0 M     | 7 5 M                              | 1 0 0 M   |                          |
| PB                                             |           | no time   |                                    | 01:16.10  |                          |
|                                                | no time   |           |                                    |           |                          |
|                                                | . . . . . | . . . . . | . . . . .                          | . . . . . |                          |

Coach feedback:

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| Event number: 68: 100M MEDLEY WOMEN 13-14   |           |           |           |           | Heat:1, starttime: 15:04           |
|---------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 1/4 Lane : 6 Athlete: BAYENS NINA     |           |           |           |           | Q-time: 01:16:70                   |
| PB (25m pool): 01:16.70 Zottegem 01/03/2026 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                          |           | no time   |           | 01:16.70  |                                    |
|                                             | no time   |           |           |           |                                    |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 68: 100M MEDLEY WOMEN 13-14   |           |           |           |           | Heat:1, starttime: 15:04           |
|---------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 1/4 Lane : 8 Athlete: LEGRAND ALICIA  |           |           |           |           | Q-time: 01:17:47                   |
| PB (25m pool): 01:17.47 Zottegem 01/03/2026 |           |           |           |           | PB (50m pool): no time SB: no time |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                    |
| PB                                          |           | no time   |           | 01:17.47  |                                    |
|                                             | no time   |           |           |           |                                    |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 70: 50M BUTTERFLY WOMEN 15-16 |           |           |  |  | Heat:2, starttime: 15:18            |
|---------------------------------------------|-----------|-----------|--|--|-------------------------------------|
| Heat: 2/5 Lane : 1 Athlete: RUYSSINCK DIEDE |           |           |  |  | Q-time: 00:31:95                    |
| PB (25m pool): 00:31.95 Gent 23/02/2025     |           |           |  |  | PB (50m pool): 00:32.13 SB: no time |
|                                             | 2 5 M     | 5 0 M     |  |  |                                     |
| PB                                          |           | 00:31.95  |  |  |                                     |
|                                             | 00:31.95  |           |  |  |                                     |
|                                             | . . . . . | . . . . . |  |  |                                     |

Coach feedback:

| Event number: 70: 50M BUTTERFLY WOMEN 15-16 |           |           |  |  | Heat:3, starttime: 15:19                              |
|---------------------------------------------|-----------|-----------|--|--|-------------------------------------------------------|
| Heat: 3/5 Lane : 8 Athlete: BULLEN LOTTE    |           |           |  |  | Q-time: 00:31:11                                      |
| PB (25m pool): 00:31.11 EEKLO 04/10/2026    |           |           |  |  | PB (50m pool): 00:31.30 SB: 00:31.11 EEKLO 04/10/2026 |
|                                             | 2 5 M     | 5 0 M     |  |  |                                                       |
| PB                                          |           | 00:31.11  |  |  |                                                       |
|                                             | 00:31.11  |           |  |  |                                                       |
|                                             | . . . . . | . . . . . |  |  |                                                       |

Coach feedback:

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| Event number: 71: 100M BUTTERFLY MEN 13-14         |          |          |          |          | Heat:4, starttime: 15:28                                        |
|----------------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------------------|
| Heat: 4/4 Lane : 7 Athlete: BLONDEEL NILS          |          |          |          |          | Q-time: 01:10:86                                                |
| PB (25m pool): 01:10.00 Sint-Amandsberg 18/10/2026 |          |          |          |          | PB (50m pool): 01:10.86 SB: 01:10.00 Sint-Amandsberg 18/10/2026 |
|                                                    | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                                 |
| PB                                                 |          | 00:33.13 |          | 01:10.00 |                                                                 |
|                                                    | 00:33.13 |          | 00:36.87 |          |                                                                 |
|                                                    | .....    | .....    | .....    | .....    |                                                                 |

Coach feedback:

| Event number: 73: 100M FREESTYLE MEN 15-16 |          |          |          |          | Heat:5, starttime: 15:46                              |
|--------------------------------------------|----------|----------|----------|----------|-------------------------------------------------------|
| Heat: 5/8 Lane : 3 Athlete: WOJCIULA TYMON |          |          |          |          | Q-time: 00:56:38                                      |
| PB (25m pool): 00:56.38 EEKLO 04/10/2026   |          |          |          |          | PB (50m pool): 00:57.22 SB: 00:56.38 EEKLO 04/10/2026 |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                       |
| PB                                         |          | 00:26.75 |          | 00:56.38 |                                                       |
|                                            | 00:26.75 |          | 00:29.63 |          |                                                       |
|                                            | .....    | .....    | .....    | .....    |                                                       |

Coach feedback:

| Event number: 75: 200M BREASTSTROKE MEN 13-14 |          |          |          |          | Heat:1, starttime: 16:03            |         |       |          |
|-----------------------------------------------|----------|----------|----------|----------|-------------------------------------|---------|-------|----------|
| Heat: 1/5 Lane : 5 Athlete: BOMBEECK MATHIAS  |          |          |          |          | Q-time: 03:06:72                    |         |       |          |
| PB (25m pool): 03:06.72 Eeklo 19/04/2026      |          |          |          |          | PB (50m pool): 03:22.19 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                                            |          | 00:43.40 |          | 01:32.29 |                                     | no time |       | 03:06.72 |
|                                               | 00:43.40 |          | 00:48.89 |          |                                     |         |       |          |
|                                               | .....    | .....    | .....    | .....    | .....                               | .....   | ..... | .....    |

Coach feedback:

| Event number: 75: 200M BREASTSTROKE MEN 13-14 |          |          |          |          | Heat:4, starttime: 16:14                              |         |       |          |
|-----------------------------------------------|----------|----------|----------|----------|-------------------------------------------------------|---------|-------|----------|
| Heat: 4/5 Lane : 7 Athlete: TER-EGANYAN ARMAN |          |          |          |          | Q-time: 02:49:11                                      |         |       |          |
| PB (25m pool): 02:49.11 EEKLO 04/10/2026      |          |          |          |          | PB (50m pool): 02:52.35 SB: 02:49.11 EEKLO 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                                            |          | 00:37.44 |          | 01:20.80 |                                                       | no time |       | 02:49.11 |
|                                               | 00:37.44 |          | 00:43.36 |          |                                                       |         |       |          |
|                                               | .....    | .....    | .....    | .....    | .....                                                 | .....   | ..... | .....    |

Coach feedback:

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| Event number: 75: 200M BREASTSTROKE MEN 13-14   |           |           |           |                                                             |           |           | Heat:5, starttime: 16:17 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/5    Lane : 6    Athlete: WALTNIEL BAVO |           |           |           |                                                             |           |           | Q-time: 02:40:61         |           |
| PB (25m pool): 02:40.61    EEKLO    04/10/2026  |           |           |           | PB (50m pool): 02:44.08 SB: 02:40.61    EEKLO    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                                              |           | 00:35.59  |           | 01:16.34                                                    |           | no time   |                          | 02:40.61  |
|                                                 | 00:35.59  |           | 00:40.75  |                                                             |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 76: 200M BREASTSTROKE WOMEN 13-14          |           |           |           |                                                                       |           |           | Heat:3, starttime: 16:28 |           |
|----------------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/3    Lane : 1    Athlete: LEGRAND ALICIA         |           |           |           |                                                                       |           |           | Q-time: 02:52:71         |           |
| PB (25m pool): 02:54.15    Sint-Amandsberg    18/10/2026 |           |           |           | PB (50m pool): 02:52.71 SB: 02:54.15    Sint-Amandsberg    18/10/2026 |           |           |                          |           |
|                                                          | 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                                                       |           | 00:40.32  |           | 01:24.74                                                              |           | 02:10.20  |                          | 02:54.15  |
|                                                          | 00:40.32  |           | 00:44.42  |                                                                       | 00:45.46  |           | 00:43.95                 |           |
|                                                          | . . . . . | . . . . . | . . . . . | . . . . .                                                             | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 76: 200M BREASTSTROKE WOMEN 13-14 |           |           |           |                                                             |           |           | Heat:3, starttime: 16:28 |           |
|-------------------------------------------------|-----------|-----------|-----------|-------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/3    Lane : 3    Athlete: DE SMET LILY  |           |           |           |                                                             |           |           | Q-time: 02:49:82         |           |
| PB (25m pool): 02:49.82    EEKLO    04/10/2026  |           |           |           | PB (50m pool): 02:52.56 SB: 02:49.82    EEKLO    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                                              |           | 00:39.20  |           | 01:23.54                                                    |           | no time   |                          | 02:49.82  |
|                                                 | 00:39.20  |           | 00:44.34  |                                                             |           |           |                          |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                   | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: