

VJK KB Diksmuide 26: Session: 1: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 3: 200M MEDLEY MEN 15-16							Heat:3, starttime: 09:28	
Heat: 3/5 Lane : 5 Athlete: VAN HOOFF COBE							Q-time: 02:22:82	
PB (25m pool): 02:22.82 Leuven 12/10/2025			PB (50m pool): 02:26.31 SB: 02:23.91 Leuven 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		00:31.28		01:08.52		01:49.58		02:22.82
	00:31.28		00:37.24		00:41.06		00:33.24	
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:3, starttime: 09:43	
Heat: 3/4 Lane : 6 Athlete: VANDERLINDEN PAULIEN							Q-time: 02:31:74	
PB (25m pool): 02:31.74 Leuven 12/10/2025				PB (50m pool): 02:34.74 SB: 02:36.00 Sint-Pieters-Leeuw 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		00:33.30		01:11.71		01:56.36		02:31.74
	00:33.30		00:38.41		00:44.65		00:35.38	
								

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14							Heat:3, starttime: 09:53		
Heat: 3/4 Lane : 3 Athlete: PROUVé VIKTOR							Q-time: 00:32:69		
PB (25m pool): 00:32.69 Leuven 04/10/2026							PB (50m pool): 00:34.14 SB: 00:32.69 Leuven 04/10/2026		
	2 5 M		5 0 M						
PB			00:32.69						
			00:32.69						
									

Coach feedback:

VJK KB Diksmuide 26: Session: 1: COACH evaluation sheet for TEAM: BEST

Event number: 9: 400M FREESTYLE MEN 13-14							Heat:4, starttime: 10:35	
Heat: 4/4 Lane : 1 Athlete: PROUVé VIKTOR							Q-time: 04:36:95	
PB (25m pool): 04:36.95 Leuven 04/10/2026				PB (50m pool): 04:46.80 SB: 04:36.95 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		00:29.86		01:04.14		01:40.03		02:16.04
	00:29.86		00:34.28		00:35.89		00:36.01	
								
	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		02:51.66		03:27.27		04:03.64		04:36.95
	00:35.62		00:35.61		00:36.37		00:33.31	
								

Coach feedback: