

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

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

Coaches: Melis Tom

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

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:3, starttime: 09:16
Heat: 3/5 Lane : 4 Athlete: MELIS VLINDER					Q-time: 01:16:45
PB (25m pool): 01:17.49 2370 Arendonk 21/12/2025					PB (50m pool): 01:22.14 SB: 01:18.15 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.12		01:17.49	
	00:36.12		00:41.37		
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16							Heat:2, starttime: 09:25	
Heat: 2/5 Lane : 3 Athlete: KEUSTERMANS LARD							Q-time: 02:25:09	
PB (25m pool): 02:25.09 Mol 04/10/2026				PB (50m pool): 02:28.06 SB: 02:25.09 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		00:31.15		01:07.67		01:50.43		02:25.09
	00:31.15		00:36.52		00:42.76		00:34.66	
								

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14										Heat:3, starttime: 09:53																				
Heat: 3/4 Lane : 4 Athlete: COUVREUR FRED																				Q-time: 00:32:14										
PB (25m pool): 00:32.14 Hoogstraten 27/09/2026										PB (50m pool): 00:33.69 SB: 00:32.14 Hoogstraten 27/09/2026																				
	2 5 M					5 0 M																								
PB						00:32.14																								
	00:32.14																													
																														

Coach feedback:

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

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:4, starttime: 10:01		
Heat: 4/4 Lane : 5 Athlete: MELIS VLINDER							Q-time: 00:31:04		
PB (25m pool): 00:31.04 Mol 04/10/2026							PB (50m pool): 00:32.07 SB: 00:31.04 Mol 04/10/2026		
	2 5 M		5 0 M						
PB			00:31.04						
	00:31.04								
									

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16				Heat:4, starttime: 10:14			
Heat: 4/5 Lane : 8 Athlete: VAN BOCKSTAL YOANNA				Q-time: 01:10:27			
PB (25m pool): 01:10.27 Aarschot 04/05/2025				PB (50m pool): 01:10.26 SB: 01:10.30 Nijlen 18/10/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:32.56		01:10.27			
	00:32.56		00:37.71				
							

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14						Heat:4, starttime: 10:35		
Heat: 4/4 Lane : 2 Athlete: COUVREUR FRED						Q-time: 04:32:36		
PB (25m pool): 04:32.36 Mol 04/10/2026						PB (50m pool): 04:45.94 SB: 04:32.36 Mol 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		00:31.22		01:05.16		01:39.52		02:14.24
	00:31.22		00:33.94		00:34.36		00:34.72	
								
	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		02:49.41		03:24.09		03:58.86		04:32.36
	00:35.17		00:34.68		00:34.77		00:33.50	
								

Coach feedback: