

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

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

Coaches: Verschuere Nele

Coaches: Destoop Jens

Coaches: Beel Steven HEADCOACH

Coaches: van Mil Ella

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

Event number: 1: 100M BREASTSTROKE MEN 13-14					Heat:2, starttime: 09:02
Heat: 2/6 Lane : 6 Athlete: BEEL NOAH					Q-time: 01:23:31
PB (25m pool): 01:23.31 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:24.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.80		01:23.31	
	00:39.80		00:43.51		
					

Coach feedback:

Event number: 9: 400M FREESTYLE MEN 13-14					Heat:1, starttime: 10:18			
Heat: 1/4 Lane : 3 Athlete: BEEL NOAH					Q-time: 05:01:14			
PB (25m pool): 05:11.30 Diksmuide 12/10/2025					PB (50m pool): 05:01.14 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		00:34.58		01:13.38		01:53.79		02:34.20
	00:34.58		00:38.80		00:40.41		00:40.41	
								
	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		03:15.04		03:54.61		04:34.01		05:11.30
	00:40.84		00:39.57		00:39.40		00:37.29	
								

Coach feedback:

Event number: 12: 800M FREESTYLE WOMEN 15-16					Heat:1, starttime: 11:23			
Heat: 1/2 Lane : 5 Athlete: VAN HOUCKE IMKE					Q-time: 09:55:61			
PB (25m pool): 09:55.61 Zwevegem 26/10/2025					PB (50m pool): 10:04.39 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:33.32	01:10.41	01:48.04	02:25.84	03:03.68	03:41.53	04:19.45	04:57.39
	00:33.32	00:37.09	00:37.63	00:37.80	00:37.84	00:37.85	00:37.92	00:37.94
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:35.28	06:13.15	06:50.71	07:28.29	08:05.92	08:43.61	09:20.59	09:55.61
	00:37.89	00:37.87	00:37.56	00:37.58	00:37.63	00:37.69	00:36.98	00:35.02
								