

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

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

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 2: 100M BREASTSTROKE WOMEN 13-14					Heat:2, starttime: 09:14
Heat: 2/5 Lane : 7 Athlete: DEROOST BEAU					Q-time: 01:25:50
PB (25m pool): 01:23.08 Sint-Pieters-Leeuw 18/10/2026					PB (50m pool): 01:33.27 SB: 01:23.08 Sint-Pieters-Leeuw 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.66		01:23.08	
		00:39.66		00:43.42	
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 15-16					Heat:2, starttime: 09:25			
Heat: 2/5 Lane : 4 Athlete: DE PEYPER MATS					Q-time: 02:24:75			
PB (25m pool): 02:24.75 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): 02:31.90 SB: 02:25.48 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		00:30.76		no time		no time		02:24.75
		00:30.76						
								

Coach feedback:

Event number: 4: 200M MEDLEY WOMEN 15-16					Heat:3, starttime: 09:43			
Heat: 3/4 Lane : 4 Athlete: LANDRIEU NORA					Q-time: 02:28:50			
PB (25m pool): 02:28.50 Leuven 04/10/2026					PB (50m pool): 02:33.56 SB: 02:28.50 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		00:32.24		01:09.89		01:53.82		02:28.50
		00:32.24		00:37.65		00:43.93		00:34.68
								

Coach feedback:

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Event number: 7: 100M BUTTERFLY MEN 15-16					Heat:2, starttime: 10:04
Heat: 2/4 Lane : 8 Athlete: VOLCKAERT THOMAS					Q-time: 01:05:53
PB (25m pool): 01:05.53 Aarschot 27/07/2026					PB (50m pool): 01:06.92 SB: 01:06.40 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.53		01:05.53	
	00:29.53		00:36.00		
					

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 15-16					Heat:3, starttime: 10:13
Heat: 3/5 Lane : 7 Athlete: LANDRIEU NORA					Q-time: 01:08:76
PB (25m pool): 01:08.76 Leuven 04/10/2026					PB (50m pool): 01:32.76 SB: 01:08.76 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.31		01:08.76	
	00:32.31		00:36.45		
					

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14					Heat:1, starttime: 10:40			
Heat: 1/4 Lane : 6 Athlete: DEROOST BEAU					Q-time: 05:06:84			
PB (25m pool): 05:06.84 Leuven 04/10/2026					PB (50m pool): no time SB: 05:06.84 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		00:34.39		01:11.98		01:51.07		02:31.05
	00:34.39		00:37.59		00:39.09		00:39.98	
								
	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		03:11.31		03:50.91		04:30.09		05:06.84
	00:40.26		00:39.60		00:39.18		00:36.75	
								

Coach feedback: