

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

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

Coaches: Meyers Sepp

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

Event number: 4: 200M MEDLEY WOMEN 15-16							Heat:2, starttime: 09:40	
Heat: 2/4 Lane : 6 Athlete: VERNIERS NIME							Q-time: 02:33:70	
PB (25m pool): 02:33.70 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:37.24SB: 02:36.90 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		00:34.77		no time		no time		02:33.70
	00:34.77							
								

Coach feedback:

Event number: 5: 50M BACKSTROKE MEN 13-14										Heat:4, starttime: 09:54	
Heat: 4/4 Lane : 4 Athlete: DE RIDDER ARNE										Q-time: 00:28:01	
PB (25m pool): 00:28.01 Aachen 11/10/2026					PB (50m pool): 00:29.56SB: 00:28.01 Aachen 11/10/2026						
	2 5 M		5 0 M								
PB			00:28.01								
			00:28.01								
											

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14										Heat:3, starttime: 09:59	
Heat: 3/4 Lane : 1 Athlete: VERRET JULIE										Q-time: 00:33:88	
PB (25m pool): 00:33.88 Mol 04/10/2026					PB (50m pool): 00:34.76SB: 00:33.88 Mol 04/10/2026						
	2 5 M		5 0 M								
PB			00:33.88								
			00:33.88								
											

Coach feedback:

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Event number: 9: 400M FREESTYLE MEN 13-14							Heat:4, starttime: 10:35	
Heat: 4/4 Lane : 4 Athlete: DE RIDDER ARNE							Q-time: 04:13:92	
PB (25m pool): 04:13.92 Mol 04/10/2026				PB (50m pool): 04:15.41 SB: 04:13.92 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		00:29.41		01:01.38		01:33.98		02:05.90
	00:29.41		00:31.97		00:32.60		00:31.92	
								
	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		02:38.27		03:10.21		03:42.51		04:13.92
	00:32.37		00:31.94		00:32.30		00:31.41	
								

Coach feedback: