

VJK KB Diksmuide 26: Session: 2: COACH evaluation sheet for TEAM: HOZT

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 13: 100M BACKSTROKE MEN 13-14					Heat:4, starttime: 14:37
Heat: 4/6 Lane : 3 Athlete: COUVREUR FRED					Q-time: 01:08:08
PB (25m pool): 01:08.08 Herentals 09/05/2026					PB (50m pool): 01:10.72 SB: 01:09.09 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.71		01:08.08	
		00:33.71		00:34.37	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 13-14					Heat:4, starttime: 14:50
Heat: 4/6 Lane : 4 Athlete: MELIS VLINDER					Q-time: 01:07:62
PB (25m pool): 01:07.32 Nijlen 18/10/2026					PB (50m pool): 01:10.62 SB: 01:07.32 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.44		01:07.32	
		00:32.44		00:34.88	
					

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 15-16					Heat:3, starttime: 15:06
Heat: 3/4 Lane : 2 Athlete: VAN BOCKSTAL YOANNA					Q-time: 00:32:45
PB (25m pool): 00:32.45 Herentals 09/05/2026					PB (50m pool): 00:33.00 SB: 00:32.54 Hoogstraten 27/09/2026
	2 5 M	5 0 M			
PB		00:32.45			
		00:32.45			
					

Coach feedback:

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Event number: 23: 200M FREESTYLE MEN 15-16							Heat:1, starttime: 15:43	
Heat: 1/6 Lane : 2 Athlete: KEUSTERMANS LARD							Q-time: 02:15:53	
PB (25m pool): 02:15.53 TEMSE 23/11/2025				PB (50m pool): 02:21.52 SB: no time				
	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		00:31.10		01:06.09		01:41.00		02:15.53
	00:31.10		00:34.99		00:34.91		00:34.53	
								

Coach feedback: