

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

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 14: 100M BACKSTROKE WOMEN 13-14					Heat:2, starttime: 14:46
Heat: 2/6 Lane : 3 Athlete: DEROOST BEAU					Q-time: 01:16:40
PB (25m pool): 01:16.40 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:19.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.99		01:16.40	
		00:36.99		00:39.41	
					

Coach feedback:

Event number: 19: 50M BREASTSTROKE MEN 15-16					Heat:3, starttime: 15:26
Heat: 3/3 Lane : 3 Athlete: DE PEYPER MATS					Q-time: 00:31:96
PB (25m pool): 00:31.96 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): 00:32.93 SB: 00:32.20 Tervuren 10/10/2026
	2 5 M	5 0 M			
PB		00:31.96			
		00:31.96			
					

Coach feedback:

Event number: 22: 50M FREESTYLE WOMEN 13-14					Heat:3, starttime: 15:39
Heat: 3/5 Lane : 5 Athlete: DEROOST BEAU					Q-time: 00:29:44
PB (25m pool): 00:29.44 Leuven 04/10/2026					PB (50m pool): 00:30.53 SB: 00:29.44 Leuven 04/10/2026
	2 5 M	5 0 M			
PB		00:29.44			
		00:29.44			
					

Coach feedback:

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Event number: 23: 200M FREESTYLE MEN 15-16							Heat:3, starttime: 15:48	
Heat: 3/6 Lane : 8 Athlete: VOLCKAERT THOMAS							Q-time: 02:05:83	
PB (25m pool): 02:05.83 Liedekerke 01/05/2026				PB (50m pool): 02:09.34 SB: 02:06.27 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		no time		no time		no time		02:05.83
	no time							
								

Coach feedback:

Event number: 24: 200M FREESTYLE WOMEN 15-16							Heat:3, starttime: 16:04	
Heat: 3/4 Lane : 2 Athlete: LANDRIEU NORA							Q-time: 02:13:30	
PB (25m pool): 02:13.48 Dilbeek 10/05/2026				PB (50m pool): 02:13.30SB: 02:13.63 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		00:30.07		01:04.38		no time		02:13.48
	00:30.07		00:34.31					
								

Coach feedback: