

VJK KB Diksmuide 26: Session: 3: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 28: 100M FREESTYLE MEN 13-14					Heat:4, starttime: 09:14
Heat: 4/7 Lane : 1 Athlete: HERMANS VIKTOR					Q-time: 01:02:81
PB (25m pool): 01:02.81 Zwembad De Motte 14/07/2026					PB (50m pool): 01:03.79 SB: 01:05.49 Sint-Pieters-Leeuw 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.13		01:02.81	
	00:30.13		00:32.68		
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:7, starttime: 09:54	
Heat: 7/10 Lane : 7 Athlete: NECULAE MARIA IULIA							Q-time: 02:51:69	
PB (25m pool): 02:51.69 Dilbeek 27/09/2026				PB (50m pool): 03:05.31 SB: 02:51.69 Dilbeek 27/09/2026				
	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		00:35.02		no time		no time		02:51.69
	00:35.02							
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:8, starttime: 10:32	
Heat: 8/10 Lane : 2 Athlete: WAGEMANS DAAN							Q-time: 02:46:79	
PB (25m pool): 02:45.51 Sint-Pieters-Leeuw 18/10/2026				PB (50m pool): 02:50.90SB: 02:45.51 Sint-Pieters-Leeuw 18/10/2026				
	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		00:35.99		no time		no time		02:45.51
	00:35.99							
								

Coach feedback: