

VJK KB Diksmuide 26: Session: 3: COACH evaluation sheet for TEAM: BEST

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

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:4, starttime: 08:37
Heat: 4/6 Lane : 6 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:09:08
PB (25m pool): 01:09.08 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:11.15 SB: 01:12.42 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.26		01:09.08	
	00:33.26		00:35.82		
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12					Heat:9, starttime: 10:00			
Heat: 9/10 Lane : 7 Athlete: GHOOS KATO					Q-time: 02:44:58			
PB (25m pool): 02:44.58 Leuven 04/10/2026					PB (50m pool): 02:48.11 SB: 02:44.58 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		00:37.45		01:18.86		02:08.21		02:44.58
	00:37.45		00:41.41		00:49.35		00:36.37	
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16					Heat:2, starttime: 11:18			
Heat: 2/4 Lane : 5 Athlete: VAN HOOFF COBE					Q-time: 04:23:92			
PB (25m pool): 04:23.92 Leuven 04/10/2026					PB (50m pool): 04:31.63 SB: 04:23.92 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		00:28.84		01:01.13		01:34.58		02:08.53
	00:28.84		00:32.29		00:33.45		00:33.95	
								
	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		02:42.99		03:17.35		03:52.00		04:23.92
	00:34.46		00:34.36		00:34.65		00:31.92	
								

Coach feedback:

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Event number: 38: 200M MEDLEY MEN 13-14							Heat:5, starttime: 12:05	
Heat: 5/6 Lane : 1 Athlete: PROUVé VIKTOR							Q-time: 02:32:29	
PB (25m pool): 02:32.29 Leuven 04/10/2026				PB (50m pool): 02:35.90 SB: 02:32.29 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		00:31.76		01:11.99		01:56.91		02:32.29
	00:31.76		00:40.23		00:44.92		00:35.38	
								

Coach feedback: