

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

Coachinfo: Warming up from: 07:00 untill 08:15. 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: 25: 100M BACKSTROKE WOMEN 15-16					Heat:5, starttime: 08:39
Heat: 5/6 Lane : 1 Athlete: VAN BOCKSTAL YOANNA					Q-time: 01:09:93
PB (25m pool): 01:09.93 Nijlen 16/11/2025					PB (50m pool): 01:13.10 SB: 01:12.22 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.04		01:09.93	
		00:33.04		00:36.89	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:1, starttime: 08:43
Heat: 1/6 Lane : 7 Athlete: KEUSTERMANS LARD					Q-time: 01:12:42
PB (25m pool): 01:07.18 Nijlen 18/10/2026					PB (50m pool): 01:12.87 SB: 01:07.18 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.35		01:07.18	
		00:32.35		00:34.83	
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:3, starttime: 09:22
Heat: 3/6 Lane : 6 Athlete: VAN BOCKSTAL YOANNA					Q-time: 00:28:51
PB (25m pool): 00:28.51 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:29.51 SB: 00:28.64 Mol 04/10/2026
	2 5 M	5 0 M			
PB		00:28.51			
		00:28.51			
					

Coach feedback:

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Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:8, starttime: 09:57	
Heat: 8/10 Lane : 8 Athlete: MELIS FEE							Q-time: 02:47:06	
PB (25m pool): 02:47.06 Mol 04/10/2026				PB (50m pool): 02:50.39SB: 02:47.06 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		00:36.83		01:18.90		02:06.94		02:47.06
	00:36.83		00:42.07		00:48.04		00:40.12	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:9, starttime: 10:35	
Heat: 9/10 Lane : 3 Athlete: DOCHITA EDUARD							Q-time: 02:40:79	
PB (25m pool): 02:40.79 Mol 04/10/2026				PB (50m pool): 02:46.74 SB: 02:40.79 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		00:35.95		01:17.52		02:05.25		02:40.79
	00:35.95		00:41.57		00:47.73		00:35.54	
								

Coach feedback:

Event number: 37: 200M MEDLEY WOMEN 13-14							Heat:6, starttime: 11:49	
Heat: 6/6 Lane : 2 Athlete: MELIS VLINDER							Q-time: 02:30:21	
PB (25m pool): 02:30.21 Mol 28/12/2025				PB (50m pool): 02:33.59 SB: 02:30.80 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		00:32.96		01:10.98		01:55.95		02:30.21
	00:32.96		00:38.02		00:44.97		00:34.26	
								

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:6, starttime: 12:08	
Heat: 6/6 Lane : 2 Athlete: COUVREUR FRED							Q-time: 02:24:03	
PB (25m pool): 02:24.03 Mol 04/10/2026				PB (50m pool): 02:32.94 SB: 02:24.03 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		00:32.46		01:08.68		01:51.15		02:24.03
	00:32.46		00:36.22		00:42.47		00:32.88	
								

Coach feedback: