

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

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

Coaches: Gullentops Axel

Coaches: Pieters Jana

Coaches: Crauwels Loesje 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 : 6 Athlete: VERBEEK MATTS					Q-time: 01:02:60
PB (25m pool): 01:03.07 Mol 04/10/2026					PB (50m pool): 01:02.60 SB: 01:03.07 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.55		01:03.07	
	00:30.55		00:32.52		
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:2, starttime: 09:37	
Heat: 2/10 Lane : 4 Athlete: ROZIERIS LILY							Q-time: 02:58:02	
PB (25m pool): 02:58.02 Zwembad De Motte 20/06/2026				PB (50m pool): 03:05.66SB: 02:58.98 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		00:39.46		no time		no time		02:58.02
	00:39.46							
								

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:2, starttime: 09:37	
Heat: 2/10 Lane : 8 Athlete: VAN ROMPAEY LORE							Q-time: 03:01:77	
PB (25m pool): 03:01.77 Mol 04/10/2026				PB (50m pool): no time SB: 03:01.77 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		00:38.46		01:27.56		02:21.82		03:01.77
	00:38.46		00:49.10		00:54.26		00:39.95	
								

Coach feedback: