

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

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

Coaches: De Punder Wout

Coaches: De Decker Tania HEADCOACH

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:2, starttime: 08:32
Heat: 2/6 Lane : 2 Athlete: DESMET STERRE					Q-time: 01:12:72
PB (25m pool): 01:12.72 Temse 17/11/2025					PB (50m pool): 01:15.11 SB: 01:15.70 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.51		01:12.72	
	00:35.51		00:37.21		
					

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:1, starttime: 10:51
Heat: 1/4 Lane : 7 Athlete: DESMET STERRE							Q-time: 04:54:43
PB (25m pool): 04:54.43 Vilvoorde 26/04/2026							PB (50m pool): 05:16.30 SB: no time
	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		00:33.61		01:10.06		no time	02:24.06
	00:33.61		00:36.45				
							
	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		no time		no time		no time	04:54.43
							

Coach feedback:

Event number: 38: 200M MEDLEY MEN 13-14							Heat:3, starttime: 11:59
Heat: 3/6 Lane : 5 Athlete: CHABOTTIER LARGO							Q-time: 02:35:85
PB (25m pool): 02:35.85 Tervuren 30/05/2026							PB (50m pool): 02:37.32 SB: 02:37.71 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		00:33.19		01:14.70		02:00.52	02:35.85
	00:33.19		00:41.51		00:45.82		00:35.33
							

Coach feedback: