

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

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

Coaches: Verschuere Nele

Coaches: Destoop Jens

Coaches: Beel Steven HEADCOACH

Coaches: van Mil Ella

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

Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:1, starttime: 09:20
Heat: 1/6 Lane : 2 Athlete: VAN HOUCKE IMKE			Q-time: 00:29:56
PB (25m pool): 00:29.56 Meulebeke 19/04/2026			PB (50m pool): 00:29.81 SB: 00:29.73 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:29.56	
		00:29.56	
			

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16			Heat:4, starttime: 09:23
Heat: 4/6 Lane : 5 Athlete: CARIS MARTHE			Q-time: 00:27:10
PB (25m pool): 00:27.10 Gent 09/11/2025			PB (50m pool): 00:27.88 SB: 00:27.57 Brugge 04/10/2026
	2 5 M	5 0 M	
PB		00:27.10	
		00:27.10	
			

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16			Heat:6, starttime: 09:32
Heat: 6/6 Lane : 5 Athlete: BHIJA TARIQ			Q-time: 00:24:23
PB (25m pool): 00:24.23 Aachen 11/10/2026			PB (50m pool): 00:24.87 SB: 00:24.23 Aachen 11/10/2026
	2 5 M	5 0 M	
PB		00:24.23	
		00:24.23	
			

Coach feedback:

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

Event number: 32: 200M MEDLEY MEN 11-12							Heat:3, starttime: 10:15	
Heat: 3/10 Lane : 2 Athlete: BHIJA NASSIM							Q-time: 02:58:54	
PB (25m pool): 02:57.83 Sint-Amandsberg 18/10/2026				PB (50m pool): 03:07.91 SB: 02:57.83 Sint-Amandsberg 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		00:36.80		01:24.32		02:20.84		02:57.83
	00:36.80		00:47.52		00:56.52		00:36.99	
								

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:1, starttime: 10:51	
Heat: 1/4 Lane : 4 Athlete: VAN HOUCKE IMKE							Q-time: 04:50:70	
PB (25m pool): 04:43.93 Sint-Amandsberg 18/10/2026				PB (50m pool): 04:54.12 SB: 04:43.93 Sint-Amandsberg 18/10/2026				
	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		00:32.15		01:07.86		01:44.08		02:20.58
	00:32.15		00:35.71		00:36.22		00:36.50	
								
	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		02:56.76		03:32.99		04:09.01		04:43.93
	00:36.18		00:36.23		00:36.02		00:34.92	
								

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16							Heat:4, starttime: 11:27	
Heat: 4/4 Lane : 4 Athlete: BHIJA TARIQ							Q-time: 04:02:74	
PB (25m pool): 04:02.74 Brugge 04/10/2026				PB (50m pool): 04:10.36SB: 04:02.74 Brugge 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		00:26.58		00:55.82		01:26.63		01:58.58
	00:26.58		00:29.24		00:30.81		00:31.95	
								
	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		02:30.01		03:01.17		03:32.65		04:02.74
	00:31.43		00:31.16		00:31.48		00:30.09	
								

Coach feedback:

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

Event number: 38: 200M MEDLEY MEN 13-14							Heat:3, starttime: 11:59	
Heat: 3/6 Lane : 1 Athlete: BEEL NOAH							Q-time: 02:37:29	
PB (25m pool): 02:37.29 Zwembad De Treffer 06/04/2026 PB (50m pool): 02:40.12 SB: no time								
	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		00:32.45		no time		no time		02:37.29
	00:32.45							
								

Coach feedback: