

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

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

Coaches: Luyten Sjobbe HEADCOACH

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:3, starttime: 08:34
Heat: 3/6 Lane : 8 Athlete: GEYPEN WIES					Q-time: 01:11:73
PB (25m pool): 01:11.73 Temse 17/11/2025					PB (50m pool): 01:13.90 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.16		01:11.73	
		00:35.16		00:36.57	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:5, starttime: 08:52
Heat: 5/6 Lane : 6 Athlete: HUYSMANS SEPPE					Q-time: 01:01:95
PB (25m pool): 01:01.95 Mol 04/10/2026					PB (50m pool): 01:04.22 SB: 01:01.95 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.68		01:01.95	
		00:30.68		00:31.27	
					

Coach feedback:

Event number: 29: 50M FREESTYLE WOMEN 15-16					Heat:2, starttime: 09:22
Heat: 2/6 Lane : 3 Athlete: GEYPEN WIES					Q-time: 00:28:85
PB (25m pool): 00:28.94 Mol 04/10/2026					PB (50m pool): 00:28.85 SB: 00:28.94 Mol 04/10/2026
	2 5 M	5 0 M			
PB		00:28.94			
		00:28.94			
					

Coach feedback:

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Event number: 30: 50M FREESTYLE MEN 15-16										Heat:1, starttime: 09:27	
Heat: 1/6 Lane : 5 Athlete: HUYSMANS SEPPE										Q-time: 00:27:05	
PB (25m pool): 00:26.26 Nijlen 18/10/2026					PB (50m pool): 00:27.52 SB: 00:26.26 Nijlen 18/10/2026						
	2 5 M		5 0 M								
PB			00:26.26								
	00:26.26										
											

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16										Heat:6, starttime: 09:32	
Heat: 6/6 Lane : 3 Athlete: MIHAILESCU STEFAN										Q-time: 00:24:86	
PB (25m pool): 00:24.86 Mol 04/10/2026										PB (50m pool): 00:25.33SB: 00:24.86 Mol 04/10/2026	
	2 5 M		5 0 M								
PB			00:24.86								
	00:24.86										
											

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:5, starttime: 10:22	
Heat: 5/10 Lane : 1 Athlete: MOLS LEON							Q-time: 02:55:21	
PB (25m pool): 02:55.21 Mol 04/10/2026				PB (50m pool): 03:06.67 SB: 02:55.21 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		00:37.87		01:22.88		02:16.27		02:55.21
	00:37.87		00:45.01		00:53.39		00:38.94	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:10, starttime: 10:38	
Heat: 10/10 Lane : 6 Athlete: VAN HOVE NAND							Q-time: 02:35:40	
PB (25m pool): 02:35.40 Mol 04/10/2026				PB (50m pool): 02:39.89SB: 02:35.40 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		00:34.23		01:15.26		01:59.75		02:35.40
	00:34.23		00:41.03		00:44.49		00:35.65	
								

Coach feedback:

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Event number: 38: 200M MEDLEY MEN 13-14							Heat:6, starttime: 12:08	
Heat: 6/6 Lane : 3 Athlete: VERACHTEN LOUIS							Q-time: 02:21:62	
PB (25m pool): 02:22.30 Mol 04/10/2026				PB (50m pool): 02:21.62 SB: 02:22.30 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		00:30.88		01:07.51		01:49.95		02:22.30
	00:30.88		00:36.63		00:42.44		00:32.35	
								

Coach feedback: