

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

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

Coaches: MOERMAN Helena

PB => Personal Best time

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

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:8, starttime: 09:57	
Heat: 8/10 Lane : 4 Athlete: DECOMBLE LIZE							Q-time: 02:45:36	
PB (25m pool): 02:52.00 LEUVEN 21/12/2025				PB (50m pool): 02:45.36 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		00:38.44		01:22.52		02:12.29		02:52.00
	00:38.44		00:44.08		00:49.77		00:39.71	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:2, starttime: 10:11	
Heat: 2/10 Lane : 2 Athlete: VANMAELSAEKE LEON							Q-time: 03:00:10	
PB (25m pool): 03:00.64 Brugge 04/10/2026				PB (50m pool): 03:00.10SB: 03:00.64 Brugge 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		00:38.88		01:25.60		02:19.02		03:00.64
	00:38.88		00:46.72		00:53.42		00:41.62	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:4, starttime: 10:18	
Heat: 4/10 Lane : 3 Athlete: DECOCK NAND							Q-time: 02:55:57	
PB (25m pool): 02:55.57 Brugge 04/10/2026				PB (50m pool): 03:00.05SB: 02:55.57 Brugge 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		01:24.05		02:15.68		02:55.57
	00:39.46		00:44.59		00:51.63		00:39.89	
								

Coach feedback: