

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

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

Coaches: Haarler Laura

Coaches: Maes Koen HEADCOACH

Coaches: Dekoninck Nicole

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

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:2, starttime: 08:58
Heat: 2/8 Lane : 8 Athlete: VLASSAKS ROSALIE					Q-time: 01:07:42
PB (25m pool): 01:07.42 Temse 17/11/2025					PB (50m pool): 01:07.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.02		01:07.42	
	00:33.02		00:34.40		
					

Coach feedback:

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:5, starttime: 09:02
Heat: 5/8 Lane : 1 Athlete: MAES LEONIE					Q-time: 01:04:36
PB (25m pool): 01:04.36 Hasselt 12/10/2025					PB (50m pool): 01:05.80 SB: 01:06.15 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.47		01:04.36	
	00:31.47		00:32.89		
					

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:2, starttime: 10:11	
Heat: 2/10 Lane : 3 Athlete: MEYLAERS SEPPE							Q-time: 03:00:04	
PB (25m pool): 02:57.02 3500 Hasselt 18/10/2026				PB (50m pool): 03:01.32SB: 02:57.02 3500 Hasselt 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		00:37.92		01:23.61		02:16.77		02:57.02
	00:37.92		00:45.69		00:53.16		00:40.25	
								

Coach feedback:

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Event number: 32: 200M MEDLEY MEN 11-12							Heat:9, starttime: 10:35	
Heat: 9/10 Lane : 6 Athlete: BOLLEN WARRE							Q-time: 02:40:97	
PB (25m pool): 02:40.97 Hasselt 04/10/2026							PB (50m pool): 02:46.95 SB: 02:40.97 Hasselt 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		00:36.03		01:17.31		02:05.57		02:40.97
	00:36.03		00:41.28		00:48.26		00:35.40	
								

Coach feedback: