

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

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

Coaches: Verhamme Joris HEADCOACH

PB => Personal Best time

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

Event number: 26: 100M BACKSTROKE MEN 15-16					Heat:5, starttime: 08:52
Heat: 5/6 Lane : 5 Athlete: COENE XANDER					Q-time: 00:59:45
PB (25m pool): 00:58.68 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:00.43 SB: 00:58.68 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.60		00:58.68	
		00:28.60		00:30.08	
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:5, starttime: 09:31
Heat: 5/6 Lane : 5 Athlete: VERHAMME MATTS					Q-time: 00:24:35
PB (25m pool): 00:24.35 Waregem 26/09/2026					PB (50m pool): 00:25.37 SB: 00:24.35 Waregem 26/09/2026
	2 5 M	5 0 M			
PB		00:24.35			
		00:24.35			
					

Coach feedback:

Event number: 36: 400M FREESTYLE MEN 15-16						Heat:3, starttime: 11:23		
Heat: 3/4 Lane : 4 Athlete: COENE XANDER						Q-time: 04:13:36		
PB (25m pool): 04:13.36 EEKLO 04/10/2026						PB (50m pool): 04:23.80 SB: 04:13.36 EEKLO 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		no time		00:59.10		no time		02:04.09
		no time						
								
	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		04:13.36
								

Coach feedback:

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Event number: 36: 400M FREESTYLE MEN 15-16							Heat:3, starttime: 11:23	
Heat: 3/4 Lane : 6 Athlete: VERHAMME MATTS							Q-time: 04:15:92	
PB (25m pool): 04:15.92 EEKLO 04/10/2026				PB (50m pool): 04:30.18SB: 04:15.92 EEKLO 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		no time		00:58.53		no time		02:03.53
	no time							
								
	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		04:15.92
								

Coach feedback: