

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

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

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 25: 100M BACKSTROKE WOMEN 15-16					Heat:6, starttime: 08:41
Heat: 6/6 Lane : 8 Athlete: LANDRIEU NORA					Q-time: 01:10:38
PB (25m pool): 01:10.38 Zwembad De Motte 14/07/2026					PB (50m pool): 01:14.86 SB: 01:12.20 Sint-Pieters-Leeuw 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.78		01:10.38	
		00:33.78		00:36.60	
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:3, starttime: 09:29
Heat: 3/6 Lane : 1 Athlete: DE PEYPER MATS					Q-time: 00:26:65
PB (25m pool): 00:26.65 Tervuren 10/10/2026					PB (50m pool): 00:27.12 SB: 00:26.65 Tervuren 10/10/2026
	2 5 M	5 0 M			
PB		00:26.65			
		00:26.65			
					

Coach feedback:

Event number: 30: 50M FREESTYLE MEN 15-16					Heat:5, starttime: 09:31
Heat: 5/6 Lane : 8 Athlete: VOLCKAERT THOMAS					Q-time: 00:26:00
PB (25m pool): 00:26.00 Leuven 04/10/2026					PB (50m pool): 00:26.94 SB: 00:26.00 Leuven 04/10/2026
	2 5 M	5 0 M			
PB		00:26.00			
		00:26.00			
					

Coach feedback:

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Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:3, starttime: 11:01	
Heat: 3/4 Lane : 2 Athlete: LANDRIEU NORA							Q-time: 04:41:22	
PB (25m pool): 04:41.22 Leuven 04/10/2026				PB (50m pool): 04:49.31 SB: 04:41.22 Leuven 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		00:31.28		01:05.73		01:41.26		02:18.04
	00:31.28		00:34.45		00:35.53		00:36.78	
								
	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		02:53.84		03:30.02		04:06.39		04:41.22
	00:35.80		00:36.18		00:36.37		00:34.83	
								

Coach feedback: