

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

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

Coaches: Van Eylen Thomas HEADCOACH

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

Event number: 29: 50M FREESTYLE WOMEN 15-16				Heat:6, starttime: 09:25
Heat: 6/6 Lane : 4 Athlete: GAYTANT STERRE				Q-time: 00:26:25
PB (25m pool): 00:26.25 Gent 09/11/2025		PB (50m pool): 00:27.11 SB: 00:26.87 Leuven 04/10/2026		
	2 5 M	5 0 M		
PB		00:26.25		
		00:26.25		
				

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN 15-16								Heat:3, starttime: 11:01
Heat: 3/4 Lane : 1 Athlete: GAYTANT STERRE								Q-time: 04:43:50
PB (25m pool): 04:43.50 Leuven 04/10/2026				PB (50m pool): 04:53.72 SB: 04:43.50 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		00:30.72		01:05.58		01:41.28		02:17.26
		00:30.72		00:34.86		00:35.70		00:35.98
								
	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		02:53.54		03:30.56		04:07.38		04:43.50
		00:36.28		00:37.02		00:36.82		00:36.12
								

Coach feedback: