

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

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

Coaches: Meyers Sepp

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

Event number: 27: 100M FREESTYLE WOMEN 13-14					Heat:7, starttime: 09:05
Heat: 7/8 Lane : 7 Athlete: VERRET JULIE					Q-time: 01:03:19
PB (25m pool): 01:03.19 Nijlen 16/11/2025					PB (50m pool): 01:03.81 SB: 01:04.48 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.61		01:03.19	
	00:30.61		00:32.58		
					

Coach feedback:

Event number: 31: 200M MEDLEY WOMEN 11-12							Heat:4, starttime: 09:44	
Heat: 4/10 Lane : 4 Athlete: LYTVYNIUK-HUL SOFIA							Q-time: 02:54:37	
PB (25m pool): 02:54.37 Mol 04/10/2026				PB (50m pool): 02:58.64 SB: 02:54.37 Mol 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		00:37.08		01:19.03		02:12.28		02:54.37
	00:37.08		00:41.95		00:53.25		00:42.09	
								

Coach feedback:

Event number: 32: 200M MEDLEY MEN 11-12							Heat:6, starttime: 10:25	
Heat: 6/10 Lane : 4 Athlete: VAN OOSTERWYCK ALEXANDER							Q-time: 02:49:87	
PB (25m pool): 02:49.87 Mol 04/10/2026				PB (50m pool): 02:54.72 SB: 02:49.87 Mol 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		00:35.65		01:21.33		02:11.03		02:49.87
	00:35.65		00:45.68		00:49.70		00:38.84	
								

Coach feedback:

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Event number: 35: 400M FREESTYLE WOMEN 15-16							Heat:1, starttime: 10:51	
Heat: 1/4 Lane : 3 Athlete: VERNIERS NIME							Q-time: 04:51:83	
PB (25m pool): 04:55.99 Arendonk 25/05/2025				PB (50m pool): 04:51.83SB: no time				
	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		01:09.47		no time		02:25.72
	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		04:55.99
								

Coach feedback: