

VJK KB Diksmuide 26: Session: 4: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12 Heat:7, starttime: 14:43

Heat: 7/10 Lane : 4 Athlete: GHOOS KATO Q-time: 01:29:06

PB (25m pool): 01:29.06 Leuven 04/10/2026 PB (50m pool): 01:31.53 SB: 01:29.06 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.86		01:29.06	
		00:42.86		00:46.20	
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16 Heat:4, starttime: 15:27

Heat: 4/4 Lane : 3 Athlete: VAN HOOFF COBE Q-time: 01:10:20

PB (25m pool): 01:10.20 Leuven 04/10/2026 PB (50m pool): 01:13.81 SB: 01:10.20 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.88		01:10.20	
		00:32.88		00:37.32	
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12 Heat:7, starttime: 16:17

Heat: 7/10 Lane : 3 Athlete: GHOOS KATO Q-time: 01:18:10

PB (25m pool): 01:18.10 Pelt 27/09/2026 PB (50m pool): 01:21.57 SB: 01:18.10 Pelt 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:38.18		01:18.10	
		00:38.18		00:39.92	
					

Coach feedback:

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Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:3, starttime: 16:56	
Heat: 3/4 Lane : 7 Athlete: VANDERLINDEN PAULIEN							Q-time: 02:27:39	
PB (25m pool): 02:27.39 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:34.04 SB: 02:35.00 Leuven 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		00:35.06		01:12.55		01:50.89		02:27.39
	00:35.06		00:37.49		00:38.34		00:36.50	
								

Coach feedback: