

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

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

Coaches: Melis Tom

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:10, starttime: 14:49
Heat: 10/10 Lane : 7 Athlete: MELIS FEE					Q-time: 01:21:85
PB (25m pool): 01:20.64 Nijlen 18/10/2026					PB (50m pool): 01:25.83 SB: 01:20.64 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.69		01:20.64	
	00:37.69		00:42.95		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:8, starttime: 15:06
Heat: 8/10 Lane : 6 Athlete: DOCHITA EDUARD					Q-time: 01:27:04
PB (25m pool): 01:25.04 Nijlen 18/10/2026					PB (50m pool): 01:31.76 SB: 01:25.04 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.52		01:25.04	
	00:40.52		00:44.52		
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:2, starttime: 15:24
Heat: 2/4 Lane : 8 Athlete: KEUSTERMANS LARD					Q-time: 01:15:43
PB (25m pool): 01:14.91 Nijlen 18/10/2026					PB (50m pool): 01:20.58 SB: 01:14.91 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.19		01:14.91	
	00:35.19		00:39.72		
					

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:8, starttime: 16:19
Heat: 8/10 Lane : 8 Athlete: MELIS FEE					Q-time: 01:17:96
PB (25m pool): 01:17.27 Nijlen 18/10/2026					PB (50m pool): 01:21.17 SB: 01:17.27 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.23		01:17.27	
	00:37.23		00:40.04		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:9, starttime: 16:45
Heat: 9/10 Lane : 5 Athlete: DOCHITA EDUARD					Q-time: 01:14:50
PB (25m pool): 01:13.05 Nijlen 18/10/2026					PB (50m pool): 01:17.07 SB: 01:13.05 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.53		01:13.05	
	00:35.53		00:37.52		
					

Coach feedback: