

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

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

Coaches: Verschuere Nele

Coaches: Destoop Jens

Coaches: Beel Steven HEADCOACH

Coaches: van Mil Ella

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

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:53
Heat: 2/10 Lane : 5 Athlete: BHIJA NASSIM					Q-time: 01:39:45
PB (25m pool): 01:39.45 Brugge 04/10/2026					PB (50m pool): 01:44.93 SB: 01:39.45 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.16		01:39.45	
	00:48.16		00:51.29		
					

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14					Heat:5, starttime: 15:56			
Heat: 5/6 Lane : 6 Athlete: BEEL NOAH					Q-time: 02:13:23			
PB (25m pool): 02:13.23 Brugge 04/10/2026					PB (50m pool): 02:21.20 SB: 02:13.23 Brugge 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		00:30.77		01:05.12		01:39.86		02:13.23
	00:30.77		00:34.35		00:34.74		00:33.37	
								

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:2, starttime: 16:28			
Heat: 2/10 Lane : 2 Athlete: BHIJA NASSIM					Q-time: 01:25:57			
PB (25m pool): 01:25.78 Brugge 04/10/2026					PB (50m pool): 01:25.57 SB: 01:25.78 Brugge 04/10/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:41.62		01:25.78				
	00:41.62		00:44.16					
								

Coach feedback: