

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

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

Coaches: Luyten Sjobbe HEADCOACH

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 : 8 Athlete: MOLS LEON					Q-time: 01:42:09
PB (25m pool): 01:42.48 Temse 17/11/2025					PB (50m pool): 01:42.09 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.49		01:42.48	
	00:48.49		00:53.99		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:10, starttime: 15:10
Heat: 10/10 Lane : 5 Athlete: VAN HOVE NAND					Q-time: 01:20:04
PB (25m pool): 01:20.04 Mol 04/10/2026					PB (50m pool): 01:23.15 SB: 01:20.04 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.19		01:20.04	
	00:38.19		00:41.85		
					

Coach feedback:

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:1, starttime: 15:22
Heat: 1/4 Lane : 7 Athlete: MIHAILESCU STEFAN					Q-time: 01:20:52
PB (25m pool): 01:34.84 Turnhout 26/03/2023					PB (50m pool): 01:20.52 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:34.84	
	no time				
					

Coach feedback:

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Event number: 44: 200M FREESTYLE MEN 13-14							Heat:6, starttime: 15:59	
Heat: 6/6 Lane : 6 Athlete: VERACHTEN LOUIS							Q-time: 02:03:22	
PB (25m pool): 02:03.22 Mol 04/10/2026				PB (50m pool): 02:05.74 SB: 02:03.22 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		00:28.78		01:00.22		01:31.81		02:03.22
	00:28.78		00:31.44		00:31.59		00:31.41	
								

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12										Heat:3, starttime: 16:31	
Heat: 3/10 Lane : 6 Athlete: MOLS LEON										Q-time: 01:23:55	
PB (25m pool): 01:23.55 Pelt 27/09/2026					PB (50m pool): 01:28.44 SB: 01:23.55 Pelt 27/09/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:39.33				01:23.55				
	00:39.33				00:44.22						
											

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12							Heat:9, starttime: 16:45	
Heat: 9/10 Lane : 7 Athlete: VAN HOVE NAND							Q-time: 01:15:08	
PB (25m pool): 01:15.08 Mol 04/10/2026				PB (50m pool): 01:16.89SB: 01:15.08 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:36.71		01:15.08				
	00:36.71		00:38.37					
								

Coach feedback:

Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:4, starttime: 17:14	
Heat: 4/4 Lane : 1 Athlete: HUYSMANS SEPPE							Q-time: 02:14:09	
PB (25m pool): 02:14.09 Mol 04/10/2026				PB (50m pool): 02:20.08 SB: 02:14.09 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		00:31.10		01:04.82		01:39.62		02:14.09
	00:31.10		00:33.72		00:34.80		00:34.47	
								

Coach feedback: