

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

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

Coaches: MOERMAN Helena

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 : 8 Athlete: DECOMBLE LIZE Q-time: 01:22:19

PB (25m pool): 01:22.19 Brugge 04/10/2026 PB (50m pool): 01:23.53 SB: 01:22.19 Brugge 04/10/2026

|    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB |           | 00:39.06  |           | 01:22.19  |  |
|    | 00:39.06  |           | 00:43.13  |           |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12 Heat:2, starttime: 14:53

Heat: 2/10 Lane : 3 Athlete: VANMAELSAEKE LEON Q-time: 01:39:99

PB (25m pool): 01:39.99 Brugge 04/10/2026 PB (50m pool): 01:42.37 SB: 01:39.99 Brugge 04/10/2026

|    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB |           | 00:47.22  |           | 01:39.99  |  |
|    | 00:47.22  |           | 00:52.77  |           |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12 Heat:3, starttime: 14:55

Heat: 3/10 Lane : 3 Athlete: DECOCK NAND Q-time: 01:37:37

PB (25m pool): 01:37.37 Brugge 04/10/2026 PB (50m pool): 01:41.43 SB: 01:37.37 Brugge 04/10/2026

|    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB |           | 00:45.93  |           | 01:37.37  |  |
|    | 00:45.93  |           | 00:51.44  |           |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

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

| Event number: 45: 100M BACKSTROKE WOMEN 11-12 |          |          |          |          | Heat:8, starttime: 16:19                               |
|-----------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 8/10 Lane : 2 Athlete: DECOMBLE LIZE    |          |          |          |          | Q-time: 01:17:60                                       |
| PB (25m pool): 01:17.60 Brugge 04/10/2026     |          |          |          |          | PB (50m pool): 01:20.19 SB: 01:17.60 Brugge 04/10/2026 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                            |          | 00:37.92 |          | 01:17.60 |                                                        |
|                                               | 00:37.92 |          | 00:39.68 |          |                                                        |
|                                               | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 46: 100M BACKSTROKE MEN 11-12 |          |          |          |          | Heat:3, starttime: 16:31                               |
|---------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 3/10 Lane : 7 Athlete: DECOCK NAND    |          |          |          |          | Q-time: 01:23:86                                       |
| PB (25m pool): 01:23.86 Brugge 04/10/2026   |          |          |          |          | PB (50m pool): 01:25.80 SB: 01:23.86 Brugge 04/10/2026 |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                          |          | 00:40.74 |          | 01:23.86 |                                                        |
|                                             | 00:40.74 |          | 00:43.12 |          |                                                        |
|                                             | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 46: 100M BACKSTROKE MEN 11-12    |          |          |          |          | Heat:4, starttime: 16:33                               |
|------------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 4/10 Lane : 2 Athlete: VANMAELSAEKE LEON |          |          |          |          | Q-time: 01:22:25                                       |
| PB (25m pool): 01:24.43 Brugge 04/10/2026      |          |          |          |          | PB (50m pool): 01:22.25 SB: 01:24.43 Brugge 04/10/2026 |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                             |          | 00:40.50 |          | 01:24.43 |                                                        |
|                                                | 00:40.50 |          | 00:43.93 |          |                                                        |
|                                                | .....    | .....    | .....    | .....    |                                                        |

Coach feedback: