

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

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

Coaches: Severens Els HEADCOACH

Coaches: Danneels Dries

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12				Heat:6, starttime: 14:41	
Heat: 6/10 Lane : 4 Athlete: VAN GOETHEM LOTTE				Q-time: 01:30:43	
PB (25m pool): 01:30.43 EEKLO 04/10/2026				PB (50m pool): 01:31.57 SB: 01:30.43 EEKLO 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.44		01:30.43	
	00:43.44		00:46.99		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12				Heat:3, starttime: 14:55	
Heat: 3/10 Lane : 8 Athlete: HEYNZE OTIS				Q-time: 01:39:13	
PB (25m pool): 01:39.13 Temse 31/05/2026				PB (50m pool): 01:43.77 SB: 01:44.98 EEKLO 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.06		01:39.13	
	00:48.06		00:51.07		
					

Coach feedback:

Event number: 45: 100M BACKSTROKE WOMEN 11-12				Heat:8, starttime: 16:19	
Heat: 8/10 Lane : 1 Athlete: VAN GOETHEM LOTTE				Q-time: 01:17:92	
PB (25m pool): 01:17.92 Temse 31/05/2026				PB (50m pool): 01:19.64 SB: 01:19.18 EEKLO 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.17		01:17.92	
	00:38.17		00:39.75		
					

Coach feedback:

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Event number: 46: 100M BACKSTROKE MEN 11-12				Heat:3, starttime: 16:31	
Heat: 3/10 Lane : 5 Athlete: HEYNZE OTIS				Q-time: 01:22:91	
PB (25m pool): 01:23.49 EEKLO 04/10/2026				PB (50m pool): 01:22.91 SB: 01:23.49 EEKLO 04/10/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.28		01:23.49	
	00:41.28		00:42.21		
					

Coach feedback: