

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

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

Coaches: Houtevelt Kyllian

PB => Personal Best time

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

Event number: 42: 100M BREASTSTROKE MEN 15-16					Heat:3, starttime: 15:26
Heat: 3/4 Lane : 2 Athlete: DE PEYPER MATS					Q-time: 01:11:86
PB (25m pool): 01:11.86 Leuven 04/10/2026					PB (50m pool): 01:14.90 SB: 01:11.86 Leuven 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.10		01:11.86	
	00:33.10		00:38.76		
					

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16							Heat:3, starttime: 16:56	
Heat: 3/4 Lane : 8 Athlete: LANDRIEU NORA							Q-time: 02:28:83	
PB (25m pool): 02:28.83 Leuven 04/10/2026				PB (50m pool): 02:35.19SB: 02:28.83 Leuven 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		00:35.27		01:12.78		01:51.10		02:28.83
	00:35.27		00:37.51		00:38.32		00:37.73	
								

Coach feedback:

Event number: 48: 200M BACKSTROKE MEN 15-16							Heat:2, starttime: 17:07	
Heat: 2/4 Lane : 6 Athlete: VOLCKAERT THOMAS							Q-time: 02:23:74	
PB (25m pool): 02:23.74 Leuven 04/10/2026				PB (50m pool): 02:31.56SB: 02:23.74 Leuven 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		00:33.31		01:09.37		01:46.90		02:23.74
	00:33.31		00:36.06		00:37.53		00:36.84	
								

Coach feedback: