

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

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

Coaches: Meyers Sepp

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

Event number: 39: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 14:39
Heat: 5/10 Lane : 7 Athlete: LYTVYNIUK-HUL SOFIA					Q-time: 01:31:98
PB (25m pool): 01:31.98 Mol 04/10/2026					PB (50m pool): 01:35.64 SB: 01:31.98 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.46		01:31.98	
	00:43.46		00:48.52		
					

Coach feedback:

Event number: 40: 100M BREASTSTROKE MEN 11-12					Heat:6, starttime: 15:02
Heat: 6/10 Lane : 3 Athlete: VAN OOSTERWYCK ALEXANDER					Q-time: 01:31:29
PB (25m pool): 01:31.29 Mol 04/10/2026					PB (50m pool): 01:34.76 SB: 01:31.29 Mol 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.44		01:31.29	
	00:43.44		00:47.85		
					

Coach feedback:

Event number: 44: 200M FREESTYLE MEN 13-14					Heat:6, starttime: 15:59			
Heat: 6/6 Lane : 4 Athlete: DE RIDDER ARNE					Q-time: 01:57:39			
PB (25m pool): 01:57.39 Sportoase De Watermolen 21/07/2026					PB (50m pool): 02:00.65 SB: 01:59.51 Aachen 11/10/2026			
	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		00:28.09		00:57.81		01:27.83		01:57.39
	00:28.09		00:29.72		00:30.02		00:29.56	
								

Coach feedback:

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Event number: 45: 100M BACKSTROKE WOMEN 11-12					Heat:7, starttime: 16:17
Heat: 7/10 Lane : 7 Athlete: LYTVYNIUK-HUL SOFIA					Q-time: 01:18:49
PB (25m pool): 01:16.83 Nijlen 18/10/2026					PB (50m pool): 01:20.34 SB: 01:16.83 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.92		01:16.83	
	00:36.92		00:39.91		
					

Coach feedback:

Event number: 46: 100M BACKSTROKE MEN 11-12					Heat:2, starttime: 16:28
Heat: 2/10 Lane : 3 Athlete: VAN OOSTERWYCK ALEXANDER					Q-time: 01:25:16
PB (25m pool): 01:24.97 Nijlen 18/10/2026					PB (50m pool): 01:25.79 SB: 01:24.97 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.09		01:24.97	
	00:42.09		00:42.88		
					

Coach feedback:

Event number: 47: 200M BACKSTROKE WOMEN 15-16					Heat:1, starttime: 16:49			
Heat: 1/4 Lane : 5 Athlete: VERNIERS NIME					Q-time: 02:33:23			
PB (25m pool): 02:33.23 Sportoase De Watermolen 21/07/2026					PB (50m pool): 02:36.88 SB: 02:38.10 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		00:36.67		01:15.62		01:55.19		02:33.23
	00:36.67		00:38.95		00:39.57		00:38.04	
								

Coach feedback:

Event number: 49: 50M BUTTERFLY WOMEN 13-14										Heat:4, starttime: 17:20										
Heat: 4/4 Lane : 6 Athlete: VERRET JULIE										Q-time: 00:30:44										
PB (25m pool): 00:30.51 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:30.44SB: 00:30.77 Nijlen 18/10/2026																				
	2 5 M				5 0 M															
PB					00:30.51															
	00:30.51																			
																				

Coach feedback: