

VJK KB Diksmuide 26: Session: 5: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 51: 200M BREASTSTROKE MEN 15-16 Heat:2, starttime: 09:03

Heat: 2/2 Lane : 6 Athlete: VAN HOOFF COBE Q-time: 02:34:10

PB (25m pool): 02:34.10 Leuven 12/10/2025 PB (50m pool): 02:42.15 SB: 02:36.56 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		00:34.43		01:13.39		01:53.22		02:34.10
	00:34.43		00:38.96		00:39.83		00:40.88	
								

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12 Heat:9, starttime: 09:52

Heat: 9/10 Lane : 1 Athlete: GHOOS KATO Q-time: 01:20:13

PB (25m pool): 01:21.55 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:20.13 SB: 01:24.85 Sint-Pieters-Leeuw 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.40		01:21.55	
	00:38.40		00:43.15		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12 Heat:7, starttime: 11:02

Heat: 7/10 Lane : 2 Athlete: GHOOS KATO Q-time: 01:08:48

PB (25m pool): 01:08.48 Leuven 04/10/2026 PB (50m pool): 01:08.85 SB: 01:08.48 Leuven 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.74		01:08.48	
	00:33.74		00:34.74		
					

Coach feedback:

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Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:5, starttime: 11:24	
Heat: 5/5 Lane : 8 Athlete: PROUVé VIKTOR							Q-time: 02:27:66	
PB (25m pool): 02:27.66 Leuven 04/10/2026				PB (50m pool): 02:34.08SB: 02:27.66 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		00:34.73		01:12.34		01:51.15		02:27.66
	00:34.73		00:37.61		00:38.81		00:36.51	
								

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16							Heat:5, starttime: 12:00	
Heat: 5/5 Lane : 2 Athlete: VANDERLINDEN PAULIEN							Q-time: 01:10:50	
PB (25m pool): 01:10.50 Tienen 26/10/2025				PB (50m pool): no time SB: 01:12.30 Leuven 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		01:10.50				
	no time							
								

Coach feedback: