

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

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

Coaches: Melis Tom

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

Event number: 51: 200M BREASTSTROKE MEN 15-16							Heat:1, starttime: 09:00	
Heat: 1/2 Lane : 4 Athlete: KEUSTERMANS LARD							Q-time: 02:38:11	
PB (25m pool): 02:38.11 Mol 04/10/2026				PB (50m pool): 02:49.54 SB: 02:38.11 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		00:35.67		01:16.11		01:57.17		02:38.11
	00:35.67		00:40.44		00:41.06		00:40.94	
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12							Heat:8, starttime: 09:32			
Heat: 8/9 Lane : 2 Athlete: DOCHITA EDUARD							Q-time: 01:17:93			
PB (25m pool): 01:15.39 Nijlen 18/10/2026				PB (50m pool): 01:17.93 SB: 01:15.39 Nijlen 18/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:34.82				01:15.39			
	00:34.82				00:40.57					
										

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12							Heat:7, starttime: 09:48		
Heat: 7/10 Lane : 3 Athlete: MELIS FEE							Q-time: 01:22:16		
PB (25m pool): 01:23.75 Nijlen 18/10/2026				PB (50m pool): 01:22.16 SB: 01:23.75 Nijlen 18/10/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:37.96		01:23.75					
	00:37.96		00:45.79						
									

Coach feedback:

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Event number: 55: 400M MEDLEY MEN 13-14							Heat:2, starttime: 10:02	
Heat: 2/2 Lane : 3 Athlete: COUVREUR FRED							Q-time: 05:09:85	
PB (25m pool): 05:09.85 Mol 04/10/2026				PB (50m pool): 05:24.53SB: 05:09.85 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:35.04		01:16.19		01:55.70		02:33.99
	00:35.04		00:41.15		00:39.51		00:38.29	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:17.37		04:00.83		04:36.30		05:09.85
	00:43.38		00:43.46		00:35.47		00:33.55	
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12							Heat:8, starttime: 10:47			
Heat: 8/10 Lane : 6 Athlete: DOCHITA EDUARD							Q-time: 01:07:09			
PB (25m pool): 01:07.09 Mol 04/10/2026				PB (50m pool): 01:10.80SB: 01:07.09 Mol 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M			
PB			00:32.25				01:07.09			
	00:32.25				00:34.84					
										

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12										Heat:8, starttime: 11:04	
Heat: 8/10 Lane : 3 Athlete: MELIS FEE									Q-time: 01:07:50		
PB (25m pool): 01:07.50 Mol 04/10/2026					PB (50m pool): 01:09.29SB: 01:07.50 Mol 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:32.34				01:07.50				
	00:32.34				00:35.16						
											

Coach feedback:

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Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:5, starttime: 11:24	
Heat: 5/5 Lane : 2 Athlete: COUVREUR FRED							Q-time: 02:24:92	
PB (25m pool): 02:24.92 Mol 04/10/2026				PB (50m pool): 02:31.47 SB: 02:24.92 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		00:35.11		01:12.08		01:48.87		02:24.92
	00:35.11		00:36.97		00:36.79		00:36.05	
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:5, starttime: 11:42	
Heat: 5/5 Lane : 3 Athlete: MELIS VLINDER							Q-time: 02:27:24	
PB (25m pool): 02:27.24 Mol 04/10/2026				PB (50m pool): 02:35.92 SB: 02:27.24 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		00:34.69		01:12.13		01:50.78		02:27.24
	00:34.69		00:37.44		00:38.65		00:36.46	
								

Coach feedback: