

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

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

Coaches: Verschuere Nele

Coaches: Destoop Jens

Coaches: Beel Steven HEADCOACH

Coaches: van Mil Ella

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:2, starttime: 09:20
Heat: 2/9 Lane : 8 Athlete: BHIJA NASSIM					Q-time: 01:38:83
PB (25m pool): 01:38.83 Zwembad De Treffer 06/04/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.02		01:38.83	
	00:45.02		00:53.81		
					

Coach feedback:

Event number: 57: 200M BUTTERFLY MEN 15-16					Heat:2, starttime: 10:25			
Heat: 2/2 Lane : 4 Athlete: BHIJA TARIQ					Q-time: 02:05:26			
PB (25m pool): 02:05.26 Gent 09/11/2025					PB (50m pool): 02:11.24 SB: 02:06.93 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		00:27.76		01:00.87		01:32.86		02:05.26
	00:27.76		00:33.11		00:31.99		00:32.40	
								

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:4, starttime: 10:40			
Heat: 4/10 Lane : 7 Athlete: BHIJA NASSIM					Q-time: 01:11:67			
PB (25m pool): 01:11.67 Brugge 04/10/2026					PB (50m pool): 01:12.63 SB: 01:11.67 Brugge 04/10/2026			
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.40		01:11.67				
	00:34.40		00:37.27					
								

Coach feedback:

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Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:2, starttime: 11:55
Heat: 2/5 Lane : 6 Athlete: VAN HOUCKE IMKE					Q-time: 01:13:55
PB (25m pool): 01:13.55 Zwevegem 31/05/2026					PB (50m pool): no time SB: 01:13.59 Waregem 26/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.35		01:13.55	
	00:34.35		00:39.20		
					

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:3, starttime: 11:56
Heat: 3/5 Lane : 3 Athlete: CARIS MARTHE					Q-time: 01:08:80
PB (25m pool): 01:08.80 WAREGEM 27/09/2025					PB (50m pool): no time SB: 01:11.35 Brugge 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:08.80	
	no time				
					

Coach feedback: