

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

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

Coaches: Luyten Sjobbe HEADCOACH

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:5, starttime: 09:26
Heat: 5/9 Lane : 7 Athlete: MOLS LEON					Q-time: 01:25:45
PB (25m pool): 01:25.45 Pelt 27/09/2026					PB (50m pool): 01:27.51 SB: 01:25.45 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.16		01:25.45	
		00:38.16		00:47.29	
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:9, starttime: 09:34
Heat: 9/9 Lane : 7 Athlete: VAN HOVE NAND					Q-time: 01:13:31
PB (25m pool): 01:18.39 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:13.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.96		01:18.39	
		00:36.96		00:41.43	
					

Coach feedback:

Event number: 58: 200M BUTTERFLY WOMEN 15-16							Heat:1, starttime: 10:28
Heat: 1/2 Lane : 5 Athlete: KEMPS ELIZE							Q-time: 02:45:86
PB (25m pool): 02:45.86 Antwerpen 12/10/2025							PB (50m pool): 02:48.09 SB: no time
	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		00:35.59		01:18.00		02:02.28	02:45.86
		00:35.59		00:42.41		00:44.28	00:43.58
							

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:3, starttime: 10:39
Heat: 3/10 Lane : 2 Athlete: MOLS LEON					Q-time: 01:12:30
PB (25m pool): 01:12.30 Mol 04/10/2026			PB (50m pool): 01:16.11 SB: 01:12.30 Mol 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.27		01:12.30	
	00:34.27		00:38.03		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:10, starttime: 10:50
Heat: 10/10 Lane : 1 Athlete: VAN HOVE NAND					Q-time: 01:04:14
PB (25m pool): 01:04.14 Mol 04/10/2026			PB (50m pool): 01:04.61 SB: 01:04.14 Mol 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.93		01:04.14	
	00:30.93		00:33.21		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:5, starttime: 11:24	
Heat: 5/5 Lane : 3 Athlete: VERACHTEN LOUIS							Q-time: 02:21:73	
PB (25m pool): 02:23.56 Mol 28/12/2025				PB (50m pool): 02:21.73 SB: no time				
	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		00:33.18		01:09.73		01:47.33		02:23.56
	00:33.18		00:36.55		00:37.60		00:36.23	
								

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16							Heat:4, starttime: 11:51		
Heat: 4/4 Lane : 1 Athlete: HUYSMANS SEPPE							Q-time: 01:05:80		
PB (25m pool): 01:05.80 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: no time									
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:30.80				01:05.80		
	00:30.80				00:35.00				
									

Coach feedback:

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Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:1, starttime: 11:53
Heat: 1/5 Lane : 4 Athlete: GEYPEN WIES					Q-time: 01:14:29
PB (25m pool): 01:14.29 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.96		01:14.29	
	00:33.96		00:40.33		
					

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:2, starttime: 11:55
Heat: 2/5 Lane : 2 Athlete: KEMPS ELIZE					Q-time: 01:13:57
PB (25m pool): 01:13.57 Mol 28/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.06		01:13.57	
	00:33.06		00:40.51		
					

Coach feedback: