

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

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

Coaches: MOERMAN Helena

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 : 3 Athlete: DECOCK NAND					Q-time: 01:33:81
PB (25m pool): 01:33.81 Nijlen 16/11/2025					PB (50m pool): 01:35.57 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.51		01:33.81	
	00:43.51		00:50.30		
					

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:6, starttime: 09:28
Heat: 6/9 Lane : 1 Athlete: VANMAELSAEKE LEON					Q-time: 01:21:96
PB (25m pool): 01:27.81 Zwevegem 31/05/2026					PB (50m pool): 01:21.96 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.69		01:27.81	
	00:40.69		00:47.12		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:9, starttime: 09:52
Heat: 9/10 Lane : 5 Athlete: DECOMBLE LIZE					Q-time: 01:17:42
PB (25m pool): 01:23.32 LEUVEN 21/12/2025					PB (50m pool): 01:17.42 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.03		01:23.32	
	00:40.03		00:43.29		
					

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:2, starttime: 10:37
Heat: 2/10 Lane : 6 Athlete: DECOCK NAND					Q-time: 01:12:94
PB (25m pool): 01:12.94 Brugge 04/10/2026			PB (50m pool): 01:13.69 SB: 01:12.94 Brugge 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.95		01:12.94	
	00:34.95		00:37.99		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:4, starttime: 10:40
Heat: 4/10 Lane : 1 Athlete: VANMAELSAEKE LEON					Q-time: 01:11:67
PB (25m pool): 01:12.52 Zwevegem 31/05/2026			PB (50m pool): 01:11.67 SB: 01:13.67 Brugge 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.44		01:12.52	
	00:34.44		00:38.08		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:7, starttime: 11:02
Heat: 7/10 Lane : 6 Athlete: DECOMBLE LIZE					Q-time: 01:08:09
PB (25m pool): 01:08.09 Brugge 04/10/2026			PB (50m pool): 01:09.00 SB: 01:08.09 Brugge 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.68		01:08.09	
	00:32.68		00:35.41		
					

Coach feedback: