

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

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

Coaches: Verhamme Joris HEADCOACH

PB => Personal Best time

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

Event number: 56: 400M MEDLEY WOMEN 13-14							Heat:2, starttime: 10:15	
Heat: 2/2 Lane : 8 Athlete: CLAEYS ROMEE							Q-time: 05:30:84	
PB (25m pool): 05:30.84 EEKLO 04/10/2026				PB (50m pool): 06:04.97SB: 05:30.84 EEKLO 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		no time		01:18.54		no time		no time
	no time							
								
	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		no time		no time		no time		05:30.84
								

Coach feedback:

Event number: 62: 200M BACKSTROKE WOMEN 13-14							Heat:4, starttime: 11:39	
Heat: 4/5 Lane : 5 Athlete: CLAEYS ROMEE							Q-time: 02:32:86	
PB (25m pool): 02:32.86 EEKLO 04/10/2026			PB (50m pool): 02:40.12SB: 02:32.86 EEKLO 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		00:34.56		01:13.53		no time		02:32.86
	00:34.56		00:38.97					
								

Coach feedback:

Event number: 63: 100M MEDLEY MEN 15-16					Heat:2, starttime: 11:47
Heat: 2/4 Lane : 5 Athlete: COENE XANDER					Q-time: 01:01:68
PB (25m pool): 01:01.68 Waregem 26/09/2026			PB (50m pool): no time SB: 01:01.68 Waregem 26/09/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:01.68	
	no time				
					

Coach feedback: