

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

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

Coaches: Severens Els HEADCOACH

Coaches: Danneels Dries

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

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:4, starttime: 09:24
Heat: 4/9 Lane : 5 Athlete: HEYNZE OTIS					Q-time: 01:26:30
PB (25m pool): 01:31.57 Lokeren 28/09/2025					PB (50m pool): 01:26.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.11		01:31.57	
	00:42.11		00:49.46		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:6, starttime: 09:46
Heat: 6/10 Lane : 5 Athlete: VAN GOETHEM LOTTE					Q-time: 01:24:02
PB (25m pool): 01:35.58 Lokeren 28/09/2025					PB (50m pool): 01:24.02 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.98		01:35.58	
	00:41.98		00:53.60		
					

Coach feedback:

Event number: 59: 100M FREESTYLE MEN 11-12					Heat:5, starttime: 10:42
Heat: 5/10 Lane : 1 Athlete: HEYNZE OTIS					Q-time: 01:10:35
PB (25m pool): 01:12.27 EEKLO 04/10/2026					PB (50m pool): 01:10.35 SB: 01:12.27 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.95		01:12.27	
	00:34.95		00:37.32		
					

Coach feedback:

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Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:9, starttime: 11:06
Heat: 9/10 Lane : 1 Athlete: VAN GOETHEM LOTTE				Q-time: 01:06:94	
PB (25m pool): 01:06.94 EEKLO 04/10/2026					PB (50m pool): 01:07.23 SB: 01:06.94 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.97		01:06.94	
	00:32.97		00:33.97		
					

Coach feedback: