

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

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

Coaches: Meyers Sepp

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

Event number: 52: 200M BREASTSTROKE WOMEN 15-16							Heat:2, starttime: 09:11	
Heat: 2/3 Lane : 6 Athlete: VERNIERS NIME							Q-time: 02:51:82	
PB (25m pool): 02:51.82 Temse 17/11/2025				PB (50m pool): 02:54.05 SB: 03:01.60 Mol 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		00:39.76		01:23.48		02:07.89		02:51.82
	00:39.76		00:43.72		00:44.41		00:43.93	
								

Coach feedback:

Event number: 53: 100M BUTTERFLY MEN 11-12					Heat:8, starttime: 09:32
Heat: 8/9 Lane : 7 Athlete: VAN OOSTERWYCK ALEXANDER					Q-time: 01:18:06
PB (25m pool): 01:20.67 Herentals 09/05/2026					PB (50m pool): 01:18.06 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.27		01:20.67	
	00:38.27		00:42.40		
					

Coach feedback:

Event number: 54: 100M BUTTERFLY WOMEN 11-12					Heat:7, starttime: 09:48
Heat: 7/10 Lane : 6 Athlete: LYTVYNIUK-HUL SOFIA					Q-time: 01:22:18
PB (25m pool): 01:32.56 Arendonk 30/11/2025					PB (50m pool): 01:22.18 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.94		01:32.56	
	00:41.94		00:50.62		
					

Coach feedback:

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Event number: 59: 100M FREESTYLE MEN 11-12					Heat:5, starttime: 10:42
Heat: 5/10 Lane : 6 Athlete: VAN OOSTERWYCK ALEXANDER					Q-time: 01:10:12
PB (25m pool): 01:09.89 Nijlen 18/10/2026					PB (50m pool): 01:12.26 SB: 01:09.89 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.95		01:09.89	
	00:33.95		00:35.94		
					

Coach feedback:

Event number: 60: 100M FREESTYLE WOMEN 11-12					Heat:3, starttime: 10:56
Heat: 3/10 Lane : 8 Athlete: LYTVYNIUK-HUL SOFIA					Q-time: 01:12:36
PB (25m pool): 01:11.84 Nijlen 18/10/2026					PB (50m pool): 01:12.36 SB: 01:11.84 Nijlen 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.21		01:11.84	
	00:34.21		00:37.63		
					

Coach feedback:

Event number: 61: 200M BACKSTROKE MEN 13-14							Heat:5, starttime: 11:24	
Heat: 5/5 Lane : 4 Athlete: DE RIDDER ARNE							Q-time: 02:08:87	
PB (25m pool): 02:08.87 Aachen 11/10/2026				PB (50m pool): 02:12.75 SB: 02:08.87 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		00:30.48		01:02.77		01:35.61		02:08.87
	00:30.48		00:32.29		00:32.84		00:33.26	
								

Coach feedback:

Event number: 64: 100M MEDLEY WOMEN 15-16					Heat:2, starttime: 11:55
Heat: 2/5 Lane : 1 Athlete: VERNIERS NIME					Q-time: 01:14:27
PB (25m pool): 01:14.27 Kapellen 02/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.27	
	no time				
					

Coach feedback: