

VJK KB Diksmuide 26: Session: 6: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 13:15 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 65: 400M MEDLEY MEN 15-16							Heat:1, starttime: 14:30	
Heat: 1/2 Lane : 3 Athlete: VAN HOOFF COBE							Q-time: 05:03:25	
PB (25m pool): 05:03.25 LEUVEN 23/11/2025				PB (50m pool): 05:11.68 SB: no time				
	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		00:31.83		01:10.30		01:49.71		02:29.30
	00:31.83		00:38.47		00:39.41		00:39.59	
								
	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		03:10.74		03:53.94		04:29.13		05:03.25
	00:41.44		00:43.20		00:35.19		00:34.12	
								

Coach feedback:

Event number: 66: 400M MEDLEY WOMEN 15-16							Heat:2, starttime: 14:48	
Heat: 2/2 Lane : 1 Athlete: VANDERLINDEN PAULIEN							Q-time: 05:21:00	
PB (25m pool): 05:21.00 LEUVEN 23/11/2025				PB (50m pool): 05:26.13SB: no time				
	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		00:35.30		01:16.64		01:57.59		02:38.00
	00:35.30		00:41.34		00:40.95		00:40.41	
								
	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		03:23.63		04:08.45		04:46.53		05:21.00
	00:45.63		00:44.82		00:38.08		00:34.47	
								

Coach feedback:

Event number: 67: 100M MEDLEY MEN 13-14										Heat:4, starttime: 15:00	
Heat: 4/5 Lane : 6 Athlete: PROUVé VIKTOR										Q-time: 01:10:52	
PB (25m pool): 01:10.52 Leuven 04/10/2026					PB (50m pool): no time SB: 01:10.52 Leuven 04/10/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:32.00				01:10.52				
	00:32.00				00:38.52						
											

Coach feedback: