

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

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

Coaches: Melis Tom

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 : 6 Athlete: KEUSTERMANS LARD							Q-time: 05:10:68	
PB (25m pool): 05:23.00 Antwerpen 12/10/2025				PB (50m pool): 05:10.68SB: 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		00:36.39		01:19.66		02:01.42		02:41.81
	00:36.39		00:43.27		00:41.76		00:40.39	
								
	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		03:27.04		04:10.88		04:48.18		05:23.00
	00:45.23		00:43.84		00:37.30		00:34.82	
								

Coach feedback:

Event number: 68: 100M MEDLEY WOMEN 13-14							Heat:4, starttime: 15:09	
Heat: 4/4 Lane : 5 Athlete: MELIS VLINDER							Q-time: 01:08:90	
PB (25m pool): 01:08.90 Herentals 09/05/2026				PB (50m pool): no time SB: 01:09.94 Mol 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:31.30		01:08.90				
	00:31.30		00:37.60					
								

Coach feedback:

Event number: 70: 50M BUTTERFLY WOMEN 15-16										Heat:5, starttime: 15:21	
Heat: 5/5 Lane : 1 Athlete: VAN BOCKSTAL YOANNA										Q-time: 00:30:87	
PB (25m pool): 00:30.87 Sint-Amandsberg 19/10/2025										PB (50m pool): 00:31.11 SB: 00:31.06 Mol 04/10/2026	
	2 5 M		5 0 M								
PB			00:30.87								
			00:30.87								
											

Coach feedback:

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Event number: 74: 100M FREESTYLE WOMEN 15-16					Heat:3, starttime: 15:55	
Heat: 3/7 Lane : 2 Athlete: VAN BOCKSTAL YOANNA					Q-time: 01:02:65	
PB (25m pool): 01:02.65 Mol 04/10/2026						

Coach feedback: