

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

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 68: 100M MEDLEY WOMEN 13-14					Heat:4, starttime: 15:09
Heat: 4/4 Lane : 6 Athlete: VERRET JULIE					Q-time: 01:12:23
PB (25m pool): 01:12.23 Herentals 09/05/2026			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.60		01:12.23	
	00:33.60		00:38.63		
					

Coach feedback:

Event number: 71: 100M BUTTERFLY MEN 13-14					Heat:4, starttime: 15:28
Heat: 4/4 Lane : 4 Athlete: DE RIDDER ARNE					Q-time: 01:02:24
PB (25m pool): 01:02.30 Mol 04/10/2026			PB (50m pool): 01:02.24 SB: 01:02.30 Mol 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.52		01:02.30	
	00:29.52		00:32.78		
					

Coach feedback:

Event number: 72: 100M BUTTERFLY WOMEN 13-14					Heat:4, starttime: 15:36
Heat: 4/5 Lane : 5 Athlete: VERRET JULIE					Q-time: 01:09:40
PB (25m pool): 01:09.41 Temse 17/11/2025			PB (50m pool): 01:09.40 SB: 01:11.40 Mol 04/10/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.06		01:09.41	
	00:33.06		00:36.35		
					

Coach feedback: