

# vjk korte baan25: Session: 1: COACH evaluation sheet for TEAM: MZK

Coachinfo: Warming up from: untill 09:15. Teamleadmeeting @ Relay line-up input: The listed starttimes are indicative!

Coaches: MOERMAN Helena

PB => Personal Best time

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

**Event number: 1: 100M BACKSTROKE MEN 11-12** **Heat:1, starttime: 09:30**

**Heat: 1/17 Lane : 2 Athlete: POOT RUBE** **Q-time: 01:36:94**

**PB (25m pool): 01:41.99** Veurne 19/10/2025 **PB (50m pool): 01:36.94** **SB: 01:41.99** Veurne 19/10/2025

	25 M	50 M	75 M	100 M	
<b>PB</b>		00:49.84		01:41.99	
	00:49.84		00:52.15		
	.....	.....	.....	.....	

Coach feedback:

**Event number: 1: 100M BACKSTROKE MEN 11-12** **Heat:2, starttime: 09:33**

**Heat: 2/17 Lane : 3 Athlete: WENES FAUSTO** **Q-time: 01:33:40**

**PB (25m pool): 01:35.45** Meneen 01/05/2025 **PB (50m pool): 01:33.40** **SB: 01:35.97** Veurne 19/10/2025

	25 M	50 M	75 M	100 M	
<b>PB</b>		00:47.29		01:35.45	
	00:47.29		00:48.16		
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Coach feedback:

**Event number: 1: 100M BACKSTROKE MEN 11-12** **Heat:4, starttime: 09:38**

**Heat: 4/17 Lane : 1 Athlete: DECOCK NAND** **Q-time: 01:31:16**

**PB (25m pool): 01:32.93** Veurne 19/10/2025 **PB (50m pool): 01:31.16** **SB: 01:32.93** Veurne 19/10/2025

	25 M	50 M	75 M	100 M	
<b>PB</b>		00:45.59		01:32.93	
	00:45.59		00:47.34		
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Coach feedback:

# vjk korte baan25: Session: 1: COACH evaluation sheet for TEAM: MZK

<b>Event number: 3: 100M BREASTSTROKE MEN 11-12</b>				<b>Heat:2, starttime: 10:40</b>	
<b>Heat: 2/17 Lane : 2 Athlete: WENES FAUSTO</b>				<b>Q-time: 01:49:00</b>	
PB (25m pool): 01:49.00 Diksmuide 12/10/2025			PB (50m pool): 01:50.91 SB: 01:49.00 Diksmuide 12/10/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:51.38		01:49.00	
	00:51.38		00:57.62		
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Coach feedback:

<b>Event number: 3: 100M BREASTSTROKE MEN 11-12</b>				<b>Heat:5, starttime: 10:47</b>	
<b>Heat: 5/17 Lane : 6 Athlete: DECOCK NAND</b>				<b>Q-time: 01:43:09</b>	
PB (25m pool): 01:43.09 Diksmuide 12/10/2025			PB (50m pool): 01:48.57 SB: 01:43.09 Diksmuide 12/10/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:49.60		01:43.09	
	00:49.60		00:53.49		
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Coach feedback:

<b>Event number: 3: 100M BREASTSTROKE MEN 11-12</b>				<b>Heat:9, starttime: 10:56</b>	
<b>Heat: 9/17 Lane : 3 Athlete: POOT RUBE</b>				<b>Q-time: 01:36:61</b>	
PB (25m pool): 01:36.61 Zwevegem 11/05/2025			PB (50m pool): 01:38.10 SB: 01:38.80 Diksmuide 12/10/2025		
	<b>25 M</b>	<b>50 M</b>	<b>75 M</b>	<b>100 M</b>	
PB		00:45.77		01:36.61	
	00:45.77		00:50.84		
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Coach feedback: