

M.Christophe Jorissen: Session: 2: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 13:15 untill 14:10. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Caerts Joke HEADCOACH

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 15:11
Heat: 12/13 Lane : 6 Athlete: KERCKHOFS NIENKE			Q-time: 01:24:09
PB (50m pool): 01:28.30 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:24.09 SB: 01:28.30 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:41.56	01:28.30	
	00:41.56	00:46.74	
			

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 18:15	
Heat: 7/7 Lane : 8 Athlete: KERCKHOFS NIENKE							Q-time: 04:54:53	
PB (50m pool): 05:03.40 Antwerpen 20/04/2025				PB (25m pool): 04:54.53 SB: 05:05.93 Molenbeek 01/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:33.49	01:11.96	01:50.96	02:30.13	03:09.38	03:48.50	04:27.12	05:03.40
	00:33.49	00:38.47	00:39.00	00:39.17	00:39.25	00:39.12	00:38.62	00:36.28
								

Coach feedback: