

Nieuwjaarswedstrijd : Session: 1: COACH Evaluation sheet for TEAM: HEST

Coachinfo: Warming up from: 07:30 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bombois Ann

Coaches: Van Den Bulck Deborah HEADCOACH

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

Event number: 1: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 09:00
Heat: 1/2 Lane : 3 Athlete: DE CLERCK LOWIE					Q-time: 02:13:40
PB (25m pool): no time PB (50m pool): 02:13.40 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 09:31			
Heat: 1/5 Lane : 4 Athlete: VAN DYCK LINE					Q-time: 99:99:99			
PB (25m pool): 03:00.74 Mol 15/10/2023 PB (50m pool): 03:00.49 SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		03:00.74
	no time							
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 09:36			
Heat: 2/5 Lane : 5 Athlete: VERBEEK FENNA					Q-time: 99:99:99			
PB (25m pool): no time PB (50m pool): no time SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH Evaluation sheet for TEAM: HEST

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 10:53
Heat: 2/5 Lane : 6 Athlete: VERBEEK FENNA					Q-time: 99:99:99
PB (25m pool): 01:41.67 Nijlen 17/11/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:41.67	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 10:59
Heat: 5/5 Lane : 1 Athlete: VAN DYCK LINE					Q-time: 01:13:79
PB (25m pool): 01:13.79 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.72		01:13.79	
	00:34.72 00:39.07				
					

Coach feedback:

Event number: 11: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 11:12
Heat: 2/2 Lane : 5 Athlete: DE CLERCK LOWIE					Q-time: 01:35:82
PB (25m pool): 01:35.82 Nijlen 16/11/2025					PB (50m pool): 01:38.13 SB: 01:35.82 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.20		01:35.82	
	00:46.20 00:49.62				
					

Coach feedback: