

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: DMI

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Moerman Pieter HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:15
Heat: 6/6 Lane : 3 Athlete: DHAESELEER FRAN					Q-time: 00:58:10
PB (25m pool): 00:57.84 LAGO Zwevegem 05/05/2024					PB (50m pool): 00:58.20 SB: 00:58.41 Diksmuide 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:57.84	
	no time				
					

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 14:36
Heat: 3/3 Lane : 3 Athlete: DHAESELEER FRAN					Q-time: 01:08:24
PB (25m pool): 01:08.24 Zaventem 15/07/2025					PB (50m pool): 01:10.38 SB: 01:10.15 Zwembad De Treffer 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.83		01:08.24	
	00:31.83		00:36.41		
					

Coach feedback:

Event number: 23: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:48
Heat: 2/2 Lane : 3 Athlete: DHAESELEER FRAN							Q-time: 05:20:73
PB (25m pool): 05:13.92 Meulebeke 07/04/2024							PB (50m pool): 05:19.57 SB: 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
PB		no time		no time		no time	no time
	no time						
							
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5
PB		no time		no time		no time	05:13.92
							

Coach feedback: