

PK LB W-Vlaanderen: Session: 1: COACH evaluation sheet for TEAM: RZV

Coachinfo: Warming up from: 08:00 until 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Holder Ann HEADCOACH

Coaches: Houthoofd Ludovic

PB => Personal Best time

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

Event number: 4: 50M BACKSTROKE MEN 13+ Heat:4, starttime: 09:52

Heat: 4/6 Lane : 8 Athlete: HOUTHOOFD THIBAUD Q-time: 00:33:76

PB (50m pool): 00:35.99 Antwerpen 20/04/2025 PB (25m pool): 00:33.76 SB: no time

| 50 M | |
|------|-----------|
| PB | 00:35.99 |
| | 00:35.99 |
| | |

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+ Heat:1, starttime: 10:40

Heat: 1/5 Lane : 4 Athlete: HOUTHOOFD THIBAUD Q-time: 05:17:39

PB (50m pool): 05:36.85 Kortrijk 04/05/2025 PB (25m pool): 05:17.39 SB: no time

| | 50 M | 100 M | 150 M | 200 M | 250 M | 300 M | 350 M | 400 M |
|----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| PB | 00:38.23 | 01:20.88 | 02:04.70 | 02:47.50 | 03:31.01 | 04:13.66 | 04:56.91 | 05:36.85 |
| | 00:38.23 | 00:42.65 | 00:43.82 | 00:42.80 | 00:43.51 | 00:42.65 | 00:43.25 | 00:39.94 |
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Coach feedback: