

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Coachinfo: Warming up from: 13:00 until 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Ryckeman Brian

Coaches: Valcke Rik

Coaches: Segaert Wim

Coaches: Vanmaercke Inge

Coaches: Taveirne Bea HEADCOACH

PB => Personal Best time

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

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 14:09
Heat: 2/2 Lane : 1 Athlete: DEVOS MATHIS					Q-time: 02:35:78
PB (50m pool): 02:35.78 Antwerpen 20/07/2025			PB (25m pool): 02:34.97 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:35.06	01:15.76	01:56.04	02:35.78	
	00:35.06	00:40.70	00:40.28	00:39.74	
	

Coach feedback:

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 14:09
Heat: 2/2 Lane : 4 Athlete: VANSIELEGHEM KILLIAN					Q-time: 02:03:30
PB (50m pool): 02:11.32 Kortrijk 26/12/2024			PB (25m pool): 02:03.30 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:28.18	01:01.37	01:36.18	02:11.32	
	00:28.18	00:33.19	00:34.81	00:35.14	
	

Coach feedback:

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 14:09
Heat: 2/2 Lane : 5 Athlete: DEVOS RHUNE					Q-time: 02:14:75
PB (50m pool): 02:14.81 Antwerpen 27/07/2025			PB (25m pool): 02:16.22 SB: no time		
	50 M	100 M	150 M	200 M	
PB	00:30.64	01:05.85	01:40.07	02:14.81	
	00:30.64	00:35.21	00:34.22	00:34.74	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 11: 200M BUTTERFLY MEN 13+				Heat:2, starttime: 14:09	
Heat: 2/2 Lane : 8 Athlete: QUARTIER MATISSE				Q-time: 02:36:60	
PB (50m pool): 02:36.60 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:48.71 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.89	01:15.00	01:56.60	02:36.60	
	00:34.89	00:40.11	00:41.60	00:40.00	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 14:15		
Heat: 2/13 Lane : 3 Athlete: VANDEVIJVERE LORE			Q-time: 01:27:01		
PB (50m pool): 01:27.01 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:24.07 SB: no time					
	5 0 M	1 0 0 M			
PB	00:40.49	01:27.01			
	00:40.49	00:46.52			
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 14:15		
Heat: 2/13 Lane : 4 Athlete: DE CLOEDT DELGADO LISA			Q-time: 01:25:66		
PB (50m pool): 01:25.66 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:22.43 SB: no time					
	5 0 M	1 0 0 M			
PB	00:40.51	01:25.66			
	00:40.51	00:45.15			
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 14:17		
Heat: 3/13 Lane : 3 Athlete: DIEUSAERT ROSELIEN			Q-time: 01:22:20		
PB (50m pool): 01:22.02 Antwerpen 20/07/2025 PB (25m pool): 01:17.68 SB: no time					
	5 0 M	1 0 0 M			
PB	00:38.35	01:22.02			
	00:38.35	00:43.67			
			

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:4, starttime: 14:20	
Heat: 4/13 Lane : 0 Athlete: ANTIERENS LOUISE		Q-time: 01:20:80	
PB (50m pool): 01:20.80 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:18.47 SB: no time			
	5 0 M	1 0 0 M	
PB	00:39.38	01:20.80	
	00:39.38	00:41.42	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:4, starttime: 14:20	
Heat: 4/13 Lane : 4 Athlete: CANNIERE ERIN		Q-time: 01:19:10	
PB (50m pool): 01:19.10 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:12.92 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.54	01:19.10	
	00:37.54	00:41.56	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:5, starttime: 14:22	
Heat: 5/13 Lane : 6 Athlete: DEKEYSER NORAH		Q-time: 01:18:27	
PB (50m pool): 01:18.27 Antwerpen 13/07/2025 PB (25m pool): 01:15.56 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.82	01:18.27	
	00:36.82	00:41.45	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:6, starttime: 14:24	
Heat: 6/13 Lane : 1 Athlete: SEGAERT HANNE		Q-time: 01:16:17	
PB (50m pool): 01:16.17 Antwerpen 13/07/2025 PB (25m pool): 01:11.97 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.29	01:16.17	
	00:37.29	00:38.88	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:6, starttime: 14:24	
Heat: 6/13 Lane : 3 Athlete: VANDERBEKE MARILOU		Q-time: 01:15:53	
PB (50m pool): 01:31.70 Zwembad Brigitte Becue Oostend 10/07/25 PB (25m pool): 01:15.53 SB: no time			
	50 M	100 M	
PB	no time	01:31.70	
	<i>no time</i>		
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:6, starttime: 14:24	
Heat: 6/13 Lane : 6 Athlete: VAN CAUWENBERGE LIO		Q-time: 01:15:81	
PB (50m pool): 01:15.81 Antwerpen 13/07/2025 PB (25m pool): 01:12.74 SB: no time			
	50 M	100 M	
PB	00:36.45	01:15.81	
	<i>00:36.45</i>	<i>00:39.36</i>	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:8, starttime: 14:27	
Heat: 8/13 Lane : 4 Athlete: RYCKEMAN ELLA		Q-time: 01:09:80	
PB (50m pool): 01:09.80 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:06.00 SB: no time			
	50 M	100 M	
PB	00:33.31	01:09.80	
	<i>00:33.31</i>	<i>00:36.49</i>	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:10, starttime: 14:31	
Heat: 10/13 Lane : 1 Athlete: DEVUYST OONA		Q-time: 01:05:81	
PB (50m pool): 01:05.81 Antwerpen 20/07/2025 PB (25m pool): 01:03.85 SB: no time			
	50 M	100 M	
PB	00:31.57	01:05.81	
	<i>00:31.57</i>	<i>00:34.24</i>	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:12, starttime: 14:35	
Heat: 12/13 Lane : 4 Athlete: DEPAEPE ELIZE		Q-time: 01:01:80	
PB (50m pool): 01:01.80 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:01.74 SB: no time			
	50 M	100 M	
PB	00:29.91	01:01.80	
	00:29.91	00:31.89	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+		Heat:13, starttime: 14:36	
Heat: 13/13 Lane : 7 Athlete: CLAEYS DITTE		Q-time: 01:00:42	
PB (50m pool): 00:59.56 Antwerpen 21/07/2024 PB (25m pool): 00:59.51 SB: no time			
	50 M	100 M	
PB	no time	00:59.56	
	no time		
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:2, starttime: 14:40	
Heat: 2/11 Lane : 3 Athlete: VANDEVIJVERE LARS		Q-time: 01:11:47	
PB (50m pool): 01:11.47 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:09.03 SB: no time			
	50 M	100 M	
PB	00:35.42	01:11.47	
	00:35.42	00:36.05	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:3, starttime: 14:42	
Heat: 3/11 Lane : 5 Athlete: VANSIELEGHEM JAYDEN		Q-time: 01:07:42	
PB (50m pool): 01:07.42 Antwerpen 13/07/2025 PB (25m pool): 01:03.80 SB: no time			
	50 M	100 M	
PB	00:31.93	01:07.42	
	00:31.93	00:35.49	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 13: 100M FREESTYLE MEN 13+		Heat:4, starttime: 14:44	
Heat: 4/11 Lane : 2 Athlete: VAN CRAEYNES BAS		Q-time: 01:06:17	
PB (50m pool): 01:06.17 Antwerp 26/01/2025		PB (25m pool): 01:02.15 SB: no time	
	50 M	100 M	
PB	00:32.19	01:06.17	
	00:32.19	00:33.98	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:6, starttime: 14:48	
Heat: 6/11 Lane : 0 Athlete: QUARTIER MATISSE		Q-time: 01:02:88	
PB (50m pool): 01:02.88 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:59.45 SB: no time	
	50 M	100 M	
PB	00:30.36	01:02.88	
	00:30.36	00:32.52	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:8, starttime: 14:51	
Heat: 8/11 Lane : 7 Athlete: DEVOS RHUNE		Q-time: 00:59:28	
PB (50m pool): 00:59.28 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:57.30 SB: no time	
	50 M	100 M	
PB	00:28.57	00:59.28	
	00:28.57	00:30.71	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:10, starttime: 14:54	
Heat: 10/11 Lane : 0 Athlete: PROVOOST MATICE		Q-time: 00:56:69	
PB (50m pool): 00:56.69 Antwerpen 27/07/2025		PB (25m pool): 00:55.49 SB: no time	
	50 M	100 M	
PB	00:27.13	00:56.69	
	00:27.13	00:29.56	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 13: 100M FREESTYLE MEN 13+		Heat:10, starttime: 14:54	
Heat: 10/11 Lane : 5 Athlete: VANDYCKE LUCAS		Q-time: 00:55:69	
PB (50m pool): 00:55.69 Antwerpen 27/07/2025		PB (25m pool): 00:54.71 SB: no time	
	50 M	100 M	
PB	00:27.15	00:55.69	
	00:27.15	00:28.54	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:10, starttime: 14:54	
Heat: 10/11 Lane : 7 Athlete: PROVOOST DAJO		Q-time: 00:56:15	
PB (50m pool): 00:56.15 Antwerpen 27/07/2025		PB (25m pool): 00:54.76 SB: no time	
	50 M	100 M	
PB	00:27.05	00:56.15	
	00:27.05	00:29.10	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:11, starttime: 14:56	
Heat: 11/11 Lane : 3 Athlete: VANSIELEGHEM KILLIAN		Q-time: 00:52:87	
PB (50m pool): 00:52.87 Antwerp 09/02/2025		PB (25m pool): 00:50.59 SB: no time	
	50 M	100 M	
PB	00:25.04	00:52.87	
	00:25.04	00:27.83	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+		Heat:11, starttime: 14:56	
Heat: 11/11 Lane : 7 Athlete: DHEERE RéMI		Q-time: 00:54:22	
PB (50m pool): no time		PB (25m pool): 00:54.22 SB: no time	
	50 M	100 M	
PB	no time	no time	
	no time		
	

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:2, starttime: 15:04
Heat: 2/4 Lane : 0 Athlete: VANDEVIJVERE LARS		Q-time: 00:48:22
PB (50m pool): 00:48.22 Brugge 15/03/2025 PB (25m pool): 00:43.88 SB: no time		
	5 0 M	
PB	00:48.22	
	00:48.22	
	

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 15:05
Heat: 3/4 Lane : 4 Athlete: VAN CRAEYNEST BAS		Q-time: 00:35:47
PB (50m pool): 00:35.80 Brugge 15/03/2025 PB (25m pool): 00:34.88 SB: no time		
	5 0 M	
PB	00:35.80	
	00:35.80	
	

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:4, starttime: 15:07
Heat: 4/4 Lane : 0 Athlete: VANDYCKE LUCAS		Q-time: 00:35:19
PB (50m pool): 00:35.19 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:47.05 SB: no time		
	5 0 M	
PB	00:35.19	
	00:35.19	
	

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:4, starttime: 15:07
Heat: 4/4 Lane : 7 Athlete: PROVOOST MATICE		Q-time: 00:34:18
PB (50m pool): 00:38.43 Brugge 02/03/2024 PB (25m pool): 00:34.18 SB: no time		
	5 0 M	
PB	00:38.43	
	00:38.43	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:1, starttime: 15:08	
Heat: 1/5 Lane : 2 Athlete: ANTIERENS LOUISE		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): 01:42.82 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:2, starttime: 15:11	
Heat: 2/5 Lane : 2 Athlete: DE CLOEDT DELGADO LISA		Q-time: 01:37:06	
PB (50m pool): no time		PB (25m pool): 01:37.06 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:3, starttime: 15:14	
Heat: 3/5 Lane : 0 Athlete: VANDEVIJVERE LORE		Q-time: 01:35:65	
PB (50m pool): no time		PB (25m pool): 01:35.65 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:3, starttime: 15:14	
Heat: 3/5 Lane : 5 Athlete: VANDERBEKE MARILOU		Q-time: 01:32:39	
PB (50m pool): 01:32.39 Antwerp 02/02/2025		PB (25m pool): 01:27.57 SB: no time	
	5 0 M	1 0 0 M	
PB	00:45.09	01:32.39	
	<i>00:45.09</i>	<i>00:47.30</i>	
	

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 15:14		
Heat: 3/5 Lane : 6 Athlete: DIEUSAERT ROSELIEN			Q-time: 01:32:78		
PB (50m pool): 01:32.78 Antwerpen 20/07/2025			PB (25m pool): 01:31.08 SB: no time		
	50 M	100 M			
PB	00:45.72	01:32.78			
	00:45.72	00:47.06			
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 15:20		
Heat: 5/5 Lane : 5 Athlete: RYCKEMAN ELLA			Q-time: 01:17:91		
PB (50m pool): 01:17.91 Antwerpen 20/07/2025			PB (25m pool): 01:14.13 SB: no time		
	50 M	100 M			
PB	00:38.15	01:17.91			
	00:38.15	00:39.76			
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 15:20		
Heat: 5/5 Lane : 8 Athlete: CANNIERE ERIN			Q-time: 01:24:74		
PB (50m pool): no time			PB (25m pool): 01:24.74 SB: no time		
	50 M	100 M			
PB	no time	no time			
	no time				
			

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+					Heat:1, starttime: 15:22			
Heat: 1/2 Lane : 4 Athlete: VANSIELEGHEM JAYDEN					Q-time: 05:39:05			
PB (50m pool): no time					PB (25m pool): 05:39.05 SB: no time			
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 17: 400M MEDLEY MEN 13+							Heat:2, starttime: 15:30	
Heat: 2/2 Lane : 9 Athlete: DEVOS MATHIS							Q-time: 05:30:93	
PB (50m pool): 05:30.93 Antwerpen 20/07/2025				PB (25m pool): 05:30.29 SB: no time				
	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	00:35.17	01:16.22	01:58.35	02:38.91	03:27.44	04:16.18	04:54.11	05:30.93
	00:35.17	00:41.05	00:42.13	00:40.56	00:48.53	00:48.74	00:37.93	00:36.82

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:1, starttime: 15:36	
Heat: 1/6 Lane : 3 Athlete: SEGAERT HANNE					Q-time: 03:12:86	
PB (50m pool): 03:12.86 Antwerpen 13/07/2025			PB (25m pool): 03:04.33 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:44.34	01:33.40	02:29.63	03:12.86		
	00:44.34	00:49.06	00:56.23	00:43.23		
		

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:1, starttime: 15:36	
Heat: 1/6 Lane : 5 Athlete: VAN CAUWENBERGE LIO					Q-time: 03:11:68	
PB (50m pool): 03:11.68 Antwerpen 13/07/2025			PB (25m pool): 03:03.49 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:43.75	01:31.18	02:29.57	03:11.68		
	00:43.75	00:47.43	00:58.39	00:42.11		
		

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:2, starttime: 15:41	
Heat: 2/6 Lane : 7 Athlete: DEKEYSER NORAH					Q-time: 03:06:05	
PB (50m pool): 03:06.05 Antwerpen 13/07/2025			PB (25m pool): 02:58.08 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:40.76	01:26.21	02:21.58	03:06.05		
	00:40.76	00:45.45	00:55.37	00:44.47		
		

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 15:48
Heat: 4/6 Lane : 2 Athlete: DEVUYST OONA					Q-time: 02:46:01
PB (50m pool): 02:46.01 Antwerpen 20/07/2025			PB (25m pool): 02:41.41 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.80	01:18.97	02:09.29	02:46.01	
	00:35.80	00:43.17	00:50.32	00:36.72	
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 15:52
Heat: 5/6 Lane : 4 Athlete: DEPAEPE ELIZE					Q-time: 02:38:89
PB (50m pool): 02:38.89 Antwerp 26/01/2025			PB (25m pool): 02:35.74 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.66	01:14.60	02:03.57	02:38.89	
	00:34.66	00:39.94	00:48.97	00:35.32	
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 15:55
Heat: 6/6 Lane : 8 Athlete: CLAEYS DITTE					Q-time: 02:34:95
PB (50m pool): 02:34.95 Antwerpen 27/04/2025			PB (25m pool): 02:26.78 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.47	01:12.03	01:59.14	02:34.95	
	00:31.47	00:40.56	00:47.11	00:35.81	
	

Coach feedback:

Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:2, starttime: 16:24	
Heat: 2/2 Lane : 0 Athlete: TEAM ROSC 2							Q-time: 04:05:87	
PB (50m pool):		PB (25m pool):			SB:			
	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								

Coach feedback:

PK LB W-Vlaanderen: Session: 2: COACH evaluation sheet for TEAM: ROSC

Event number: 19: 4x100M FREESTYLE MEN 11+						Heat:2, starttime: 16:24		
Heat: 2/2 Lane : 5 Athlete: TEAM ROSC 1						Q-time: 03:40:81		
PB (50m pool):		PB (25m pool):			SB:			
	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								

Coach feedback: