VJTC 2026: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van der Borght Els HEADCOACH

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

Event number: 10: 800M FREESTYLE WOMEN 15-16 Heat:1, starttime: 11:01

Heat: 1/1 Lane : 1 Athlete: LANDRIEU NORA | **Q-time: 10:02:74**

PB (50m pool): no time **PB (25m pool):** 10:02.74 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	450M	**500M**	**550M**	**600M**	**650M**	**700M**	**750M**	**800M**
PB	no time	no time	no time	no time	no time	no time	no time	no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: