

VJTC 2026: Session: 4: COACH evaluation sheet for TEAM: ZIOS

Coachinfo: Warming up from: 13:15 until 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van der Borgh Els HEADCOACH

PB => Personal Best time

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

Event number: 41: 50M BUTTERFLY WOMEN 15-16 **Heat:1, starttime: 15:30**

Heat: 1/6 Lane : 5 Athlete: LANDRIEU NORA **Q-time: 00:32:62**

PB (50m pool): 00:33.09 Wezenberg 03/01/2026 **PB (25m pool): 00:32.62 SB: 00:33.09 Wezenberg 03/01/2026**

	50 M	
PB	00:33.09	
	<i>00:33.09</i>	
	

Coach feedback:

Event number: 47: 400M MEDLEY WOMEN 15-16 **Heat:1, starttime: 16:15**

Heat: 1/3 Lane : 5 Athlete: LANDRIEU NORA **Q-time: 05:37:45**

PB (50m pool): no time **PB (25m pool): 05:37.45 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
	<i>no time</i>							

Coach feedback: