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

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

Coaches: Lammens Tim

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

Event number: 39: 400M FREESTYLE WOMEN 13-14 Heat:3, starttime: 15:12

Heat: 3/3 Lane : 7 Athlete: LAMMENS ALIX **Q-time: 04:57:77**

PB (50m pool): 05:14.87 Antwerpen 20/07/2025 **PB (25m pool):** 04:57.77 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:34.94	01:13.12	01:51.86	02:31.59	03:12.20	03:53.73	04:34.84	05:14.87
	00:34.94	*00:38.18*	*00:38.74*	*00:39.73*	*00:40.61*	*00:41.53*	*00:41.11*	*00:40.03*
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Coach feedback: