VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: KWZC

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

Coaches: Destoop Jens

Coaches: Verschuere Nele

Coaches: Beel Steven

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

Event number: 51: 400M FREESTYLE MEN 15-16 Heat:2, starttime: 09:35

Heat: 2/3 Lane : 3 Athlete: BHIJA TARIQ **Q-time: 04:21:99**

PB (50m pool): 04:21.99 Antwerp 09/02/2025 **PB (25m pool):** 04:14.44 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:28.96	01:01.05	01:34.81	02:08.49	02:42.22	03:16.08	03:49.96	04:21.99
	00:28.96	*00:32.09*	*00:33.76*	*00:33.68*	*00:33.73*	*00:33.86*	*00:33.88*	*00:32.03*
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Coach feedback: