

CB-BK WE2 2026: Session: 2: COACH evaluation sheet for TEAM: BRABO

Coachinfo: Warming up from: 15:00 untill 15:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Hoffmann Serge HEADCOACH

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

Event number: 13: 400M FREESTYLE WOMEN 19+							Heat:1, starttime: 16:00	
Heat: 1/1 Lane : 4 Athlete: RAVELINGIEN LANA							Q-time: 04:21:50	
PB (50m pool): 04:21.50 Antwerpen 27/07/2025				PB (25m pool): 04:16.54SB: 04:21.61 Antwerpen 22/03/2026				
	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	00:28.83	01:01.79	01:35.45	02:09.02	02:42.46	03:15.96	03:49.16	04:21.50
	00:28.83	00:32.96	00:33.66	00:33.57	00:33.44	00:33.50	00:33.20	00:32.34
								

Coach feedback:

Event number: 14: 400M MEDLEY MEN 19+							Heat:1, starttime: 16:16	
Heat: 1/1 Lane : 5 Athlete: METZEMAKERS NOA							Q-time: 04:39:25	
PB (50m pool): 04:39.25 Antwerpen 22/03/2026				PB (25m pool): 04:38.42SB: 04:39.25 Antwerpen 22/03/2026				
	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	00:28.20	01:03.07	01:42.09	02:21.01	02:58.34	03:37.50	04:09.16	04:39.25
	00:28.20	00:34.87	00:39.02	00:38.92	00:37.33	00:39.16	00:31.66	00:30.09
								

Coach feedback:

Event number: 16: 4x100M FREESTYLE WOMEN 15+							Heat:2, starttime: 17:20	
Heat: 2/3 Lane : 4 Athlete: TEAM BRABO 2							Q-time: 04:08:45	
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:

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Event number: 16: 4x100M FREESTYLE WOMEN 15+							Heat:3, starttime: 17:25	
Heat: 3/3 Lane : 4 Athlete: TEAM BRABO 1							Q-time: 03:50:97	
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:

Event number: 17: 4x100M FREESTYLE MEN 15+							Heat:5, starttime: 17:48	
Heat: 5/5 Lane : 3 Athlete: TEAM BRABO 1							Q-time: 03:33:13	
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:

Event number: 17: 4x100M FREESTYLE MEN 15+							Heat:5, starttime: 17:48	
Heat: 5/5 Lane : 8 Athlete: TEAM BRABO 2							Q-time: 03:42:71	
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: