

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

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

Coaches: Melis Tom

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 : 3 Athlete: GRAHAM JIL							Q-time: 04:36:01	
PB (50m pool): 04:36.01 Antwerpen 27/07/2025				PB (25m pool): 04:32.08SB: 04:45.81 Antwerpen 17/05/2026				
	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	00:32.13	01:05.90	01:40.64	02:16.33	02:50.65	03:26.01	04:01.01	04:36.01
	00:32.13	00:33.77	00:34.74	00:35.69	00:34.32	00:35.36	00:35.00	00:35.00
								

Coach feedback:

Event number: 14: 400M MEDLEY MEN 19+							Heat:1, starttime: 16:16	
Heat: 1/1 Lane : 7 Athlete: OST RYAN							Q-time: 04:53:76	
PB (50m pool): 04:53.76 Antwerpen 17/05/2026				PB (25m pool): 04:50.11SB: 04:53.76 Antwerpen 17/05/2026				
	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	00:29.34	01:03.19	01:40.85	02:18.08	02:59.92	03:42.54	04:19.03	04:53.76
	00:29.34	00:33.85	00:37.66	00:37.23	00:41.84	00:42.62	00:36.49	00:34.73
								

Coach feedback: