

Memorial Anteunis 25: Session: 2: COACH evaluation sheet for TEAM: ISWIM

Coachinfo: Warming up from: 13:30 untill 14:20. Teamleadmeeting @ 14:15 Relay line-up input: The listed starttimes are indicative!

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

Event number: 14: 100M FREESTYLE MEN 11-17					Heat:18, starttime: 16:17
Heat: 18/19 Lane : 8 Athlete: DELIE VICO					Q-time: 00:55:98
PB (25m pool): 00:55.98 Mons 23/11/2024					PB (50m pool): 00:56.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.44		00:55.98	
	00:27.44		00:28.54		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY MEN 11-17					Heat:6, starttime: 16:46
Heat: 6/7 Lane : 3 Athlete: DELIE VICO					Q-time: 01:04:45
PB (25m pool): 01:05.25 Diksmuide 17/11/2024					PB (50m pool): 01:04.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.58		01:05.25	
	00:30.58		00:34.67		
					

Coach feedback: