

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

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: 12: 100M BREASTSTROKE MEN 11-17                                                |           |           |           |           | Heat:9, starttime: 15:13 |
|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 9/9 Lane : 4 Athlete: VAN GROENIGEN KARSTEN                                            |           |           |           |           | Q-time: 01:04:05         |
| PB (25m pool): 01:04.05 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 01:04.72 SB: no time |           |           |           |           |                          |
|                                                                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                          |
| PB                                                                                           |           | 00:29.99  |           | 01:04.05  |                          |
|                                                                                              | 00:29.99  |           | 00:34.06  |           |                          |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 14: 100M FREESTYLE MEN 11-17                                                   |           |           |           |           | Heat:19, starttime: 16:18 |
|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------|
| Heat: 19/19 Lane : 0 Athlete: VAN GROENIGEN KARSTEN                                          |           |           |           |           | Q-time: 00:54:70          |
| PB (25m pool): 00:54.70 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:55.57 SB: no time |           |           |           |           |                           |
|                                                                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                           |
| PB                                                                                           |           | 00:26.21  |           | 00:54.70  |                           |
|                                                                                              | 00:26.21  |           | 00:28.49  |           |                           |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 15: 100M BUTTERFLY WOMEN 11-17                                     |           |           |           |           | Heat:9, starttime: 16:35 |
|----------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 9/9 Lane : 2 Athlete: NAZARUK NICOLE                                       |           |           |           |           | Q-time: 01:05:63         |
| PB (25m pool): 01:03.60 Diksmuide 19/11/2023 PB (50m pool): 01:05.87 SB: no time |           |           |           |           |                          |
|                                                                                  | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                          |
| PB                                                                               |           | no time   |           | 01:03.60  |                          |
|                                                                                  | no time   |           |           |           |                          |
|                                                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

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|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|---------------------------|
| Event number: 17: 100M BACKSTROKE WOMEN 11-17                                                |           |           |           |           | Heat:17, starttime: 17:20 |
| Heat: 17/17 Lane : 4 Athlete: NAZARUK NICOLE                                                 |           |           |           |           | Q-time: 01:02:83          |
| PB (25m pool): 01:02.83 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 01:05.24 SB: no time |           |           |           |           |                           |
|                                                                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                           |
| PB                                                                                           |           | 00:30.60  |           | 01:02.83  |                           |
|                                                                                              | 00:30.60  |           | 00:32.23  |           |                           |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . |                           |

Coach feedback: