

Memorial Anteunis 25: Session: 3: COACH Evaluation sheet for TEAM: 09-031

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 The listed starttimes are indicative!

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

| Event number: 19: 200M BREASTSTROKE WOMEN 11-17     |       |       |       |                               |       |         | Heat:2, starttime: 09:05 |         |
|-----------------------------------------------------|-------|-------|-------|-------------------------------|-------|---------|--------------------------|---------|
| Heat: 2/6    Lane : 4    Athlete: WIT CARLIJN       |       |       |       |                               |       |         | Q-time: 03:34:07         |         |
| PB (25m pool): 3:34.07    Bergschenhoek 26 May 2024 |       |       |       | PB (50m pool): 3:40.45    SB: |       |         |                          |         |
|                                                     | 2 5 M | 5 0 M | 7 5 M | 1 0 0                         | 1 2 5 | 1 5 0   | 1 7 5                    | 2 0 0 M |
| PB                                                  |       | 48.72 |       | 1:43.38                       |       | 2:39.40 |                          | 3:34.07 |
|                                                     | 48.72 |       | 54.66 |                               | 56.02 |         | 54.67                    |         |
|                                                     | ..... | ..... | ..... | .....                         | ..... | .....   | .....                    | .....   |

Coach feedback:

| Event number: 19: 200M BREASTSTROKE WOMEN 11-17 |       |       |       |                               |       |         | Heat:4, starttime: 09:14 |         |
|-------------------------------------------------|-------|-------|-------|-------------------------------|-------|---------|--------------------------|---------|
| Heat: 4/6    Lane : 5    Athlete: SEVENANTS FEE |       |       |       |                               |       |         | Q-time: 03:05:77         |         |
| PB (25m pool): 3:05.77    Amsterdam 6 Jul 2025  |       |       |       | PB (50m pool): 3:08.81    SB: |       |         |                          |         |
|                                                 | 2 5 M | 5 0 M | 7 5 M | 1 0 0                         | 1 2 5 | 1 5 0   | 1 7 5                    | 2 0 0 M |
| PB                                              |       | 41.93 |       | 1:29.36                       |       | 2:18.23 |                          | 3:05.77 |
|                                                 | 41.93 |       | 47.43 |                               | 48.87 |         | 47.54                    |         |
|                                                 | ..... | ..... | ..... | .....                         | ..... | .....   | .....                    | .....   |

Coach feedback:

| Event number: 19: 200M BREASTSTROKE WOMEN 11-17 |       |       |       |                               |       |       | Heat:6, starttime: 09:21 |         |
|-------------------------------------------------|-------|-------|-------|-------------------------------|-------|-------|--------------------------|---------|
| Heat: 6/6    Lane : 8    Athlete: DUMONT ALAINE |       |       |       |                               |       |       | Q-time: 02:53:88         |         |
| PB (25m pool): 2:53.88    Gouda 6 Oct 2024      |       |       |       | PB (50m pool): 3:02.26    SB: |       |       |                          |         |
|                                                 | 2 5 M | 5 0 M | 7 5 M | 1 0 0                         | 1 2 5 | 1 5 0 | 1 7 5                    | 2 0 0 M |
| PB                                              |       | 38.57 |       | 1:22.89                       |       |       |                          | 2:53.88 |
|                                                 | 38.57 |       | 44.32 |                               |       |       | 1:30.99                  |         |
|                                                 | ..... | ..... | ..... | .....                         | ..... | ..... | .....                    | .....   |

Coach feedback:

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| Event number: 21: 200M BACKSTROKE WOMEN 11-17        |           |           |           |                               |           |           | Heat:5, starttime: 10:03 |           |
|------------------------------------------------------|-----------|-----------|-----------|-------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/11    Lane : 3    Athlete: CORNELISSEN ANOUK |           |           |           |                               |           |           | Q-time: 02:52:76         |           |
| PB (25m pool): 2:52.76    Bodegraven 2 Feb 2025      |           |           |           | PB (50m pool): 3:08.70    SB: |           |           |                          |           |
|                                                      | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0                         | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                                   |           | 40.21     |           | 1:24.52                       |           |           |                          | 2:52.76   |
|                                                      | 40.21     |           | 44.31     |                               |           |           | 1:28.24                  |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                     | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 25: 200M FREESTYLE WOMEN 11-17    |       |       |       |                              |       |       | Heat:2, starttime: 11:15 |         |
|-------------------------------------------------|-------|-------|-------|------------------------------|-------|-------|--------------------------|---------|
| Heat: 2/17    Lane : 7    Athlete: SPAANS KAISA |       |       |       |                              |       |       | Q-time: 99:99:99         |         |
| PB (25m pool):                                  |       |       |       | PB (50m pool): No time   SB: |       |       |                          |         |
|                                                 | 2 5 M | 5 0 M | 7 5 M | 1 0 0                        | 1 2 5 | 1 5 0 | 1 7 5                    | 2 0 0 M |
| PB                                              |       |       |       |                              |       |       |                          |         |
|                                                 |       |       |       |                              |       |       |                          |         |
|                                                 | ..... | ..... | ..... | .....                        | ..... | ..... | .....                    | .....   |

Coach feedback:

| Event number: 25: 200M FREESTYLE WOMEN 11-17   |       |       |       |                               |       |       | Heat:4, starttime: 11:22 |         |
|------------------------------------------------|-------|-------|-------|-------------------------------|-------|-------|--------------------------|---------|
| Heat: 4/17    Lane : 4    Athlete: WIT CARLIJN |       |       |       |                               |       |       | Q-time: 02:51:76         |         |
| PB (25m pool): 2:49.55    Gouda 5 Oct 2025     |       |       |       | PB (50m pool): 3:01.26    SB: |       |       |                          |         |
|                                                | 2 5 M | 5 0 M | 7 5 M | 1 0 0                         | 1 2 5 | 1 5 0 | 1 7 5                    | 2 0 0 M |
| PB                                             |       | 37.42 |       | 1:20.86                       |       |       |                          | 2:49.55 |
|                                                | 37.42 |       | 43.44 |                               |       |       | 1:28.69                  |         |
|                                                | ..... | ..... | ..... | .....                         | ..... | ..... | .....                    | .....   |

Coach feedback:

| Event number: 25: 200M FREESTYLE WOMEN 11-17      |       |       |       |                               |       |         | Heat:9, starttime: 11:38 |         |
|---------------------------------------------------|-------|-------|-------|-------------------------------|-------|---------|--------------------------|---------|
| Heat: 9/17    Lane : 0    Athlete: SEVENANTS FEE  |       |       |       |                               |       |         | Q-time: 02:34:71         |         |
| PB (25m pool): 2:34.71    Amsterdam    5 Jul 2025 |       |       |       | PB (50m pool): 2:43.46    SB: |       |         |                          |         |
|                                                   | 2 5 M | 5 0 M | 7 5 M | 1 0 0                         | 1 2 5 | 1 5 0   | 1 7 5                    | 2 0 0 M |
| PB                                                |       | 36.86 |       | 1:15.57                       |       | 1:57.00 |                          | 2:34.71 |
|                                                   | 36.86 |       | 38.71 |                               | 41.43 |         | 37.71                    |         |
|                                                   | ..... | ..... | ..... | .....                         | ..... | .....   | .....                    | .....   |

Coach feedback:

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| Event number: 25: 200M FREESTYLE WOMEN 11-17    |       |       |       |                              |       |         | Heat:11, starttime: 11:44 |         |
|-------------------------------------------------|-------|-------|-------|------------------------------|-------|---------|---------------------------|---------|
| Heat: 11/17   Lane : 1   Athlete: DUMONT ALAINE |       |       |       |                              |       |         | Q-time: 02:25:56          |         |
| PB (25m pool): 2:23.62   Gouda 5 Oct 2025       |       |       |       | PB (50m pool): 2:29.65   SB: |       |         |                           |         |
|                                                 | 2 5 M | 5 0 M | 7 5 M | 1 0 0                        | 1 2 5 | 1 5 0   | 1 7 5                     | 2 0 0 M |
| PB                                              |       | 32.31 |       | 1:08.59                      |       |         |                           | 2:23.62 |
|                                                 | 32.31 |       | 36.28 |                              |       | 1:15.03 |                           |         |
|                                                 | ..... | ..... | ..... | .....                        | ..... | .....   | .....                     | .....   |

Coach feedback:

| Event number: 26: 200M FREESTYLE MEN 11-17      |       |       |                              |       |       |       | Heat:1, starttime: 12:04 |         |
|-------------------------------------------------|-------|-------|------------------------------|-------|-------|-------|--------------------------|---------|
| Heat: 1/16    Lane : 7    Athlete: SPAANS KALLE |       |       |                              |       |       |       | Q-time: 99:99:99         |         |
| PB (25m pool):                                  |       |       | PB (50m pool): No time   SB: |       |       |       |                          |         |
|                                                 | 2 5 M | 5 0 M | 7 5 M                        | 1 0 0 | 1 2 5 | 1 5 0 | 1 7 5                    | 2 0 0 M |
| PB                                              |       |       |                              |       |       |       |                          |         |
|                                                 |       |       |                              |       |       |       |                          |         |
|                                                 | ..... | ..... | .....                        | ..... | ..... | ..... | .....                    | .....   |

Coach feedback: