

# Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: ZDKK

Coachinfo: Warming up from: 13:00 until 13:50. Teamleadmeeting @ 13:50 The listed starttimes are indicative!

Coaches: Janssens Sofie HEADCOACH

Coaches: Dehenau Anneleen

PB => Personal Best time

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

**Event number: 17: 100M FREESTYLE WOMEN 11+ Heat:2, starttime: 15:25**

**Heat: 2/5 Lane : 6 Athlete: BAYENS FEMKE Q-time: 00:04:00**

**PB (25m pool): 01:16.69 Eeklo 19/04/2026 PB (50m pool): no time SB: 01:16.69 Eeklo 19/04/2026**

	25 M	50 M	75 M	100 M	
PB		00:37.50		01:16.69	
		00:37.50		00:39.19	
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Coach feedback:

**Event number: 17: 100M FREESTYLE WOMEN 11+ Heat:4, starttime: 15:25**

**Heat: 4/5 Lane : 2 Athlete: CHRISTIAENS YENNA Q-time: 00:05:00**

**PB (25m pool): 01:17.42 Eeklo 19/04/2026 PB (50m pool): 01:17.81 SB: 01:17.42 Eeklo 19/04/2026**

	25 M	50 M	75 M	100 M	
PB		00:37.40		01:17.42	
		00:37.40		00:40.02	
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Coach feedback: