

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: SCZ

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

Coaches: Nice Alexander

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

Event number: 1: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 09:06
Heat: 5/8 Lane : 6 Athlete: KRYGIEL NATALIA		Q-time: 00:34:23
PB (50m pool): 00:34.23 Aalst 11/05/2025 PB (25m pool): no time SB: no time		
	5 0 M	
PB	00:34.23	
	00:34.23	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+		Heat:7, starttime: 09:32
Heat: 7/8 Lane : 3 Athlete: SOUTHWORTH FELICITY		Q-time: 00:33:25
PB (50m pool): 00:33.25 Antwerpen 27/07/2025 PB (25m pool): no time SB: no time		
	5 0 M	
PB	00:33.25	
	00:33.25	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+		Heat:3, starttime: 09:39
Heat: 3/5 Lane : 7 Athlete: GERBIG HENRY		Q-time: 00:35:96
PB (50m pool): 00:44.17 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): no time SB: no time		
	5 0 M	
PB	00:44.17	
	00:44.17	
		

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 09:49
Heat: 2/2 Lane : 7 Athlete: KRYGIEL NATALIA					Q-time: 03:15:06
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 13: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 11:08
Heat: 1/2 Lane : 4 Athlete: SOUTHWORTH FELICITY					Q-time: 02:45:89
PB (50m pool): 02:45.89 Aalst 11/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.17	01:18.00	02:01.92	02:45.89	
	00:37.17	00:40.83	00:43.92	00:43.97	
					

Coach feedback:

Event number: 15: 50M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 11:30
Heat: 4/5 Lane : 8 Athlete: KRYGIEL NATALIA					Q-time: 00:46:52
PB (50m pool): 00:46.52 SportinGenk Park 21/04/2025 PB (25m pool): no time SB: no time					
	5 0 M				
PB	00:46.52				
	00:46.52				
					

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+					Heat:7, starttime: 11:48
Heat: 7/9 Lane : 8 Athlete: SOUTHWORTH FELICITY					Q-time: 00:30:93
PB (50m pool): 00:31.31 Antwerpen 13/07/2025 PB (25m pool): 00:30.57 SB: no time					
	5 0 M				
PB	00:31.31				
	00:31.31				
					

Coach feedback:

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Event number: 18: 50M FREESTYLE MEN 11+		Heat:4, starttime: 11:57
Heat: 4/9 Lane : 1 Athlete: GERBIG HENRY		Q-time: 00:32:55
PB (50m pool): 00:35.76 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:38.54 SB: no time		
	5 0 M	
PB	00:35.76	
	00:35.76	
		

Coach feedback: