

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: KLSVZ

Coachinfo: Warming up from: 07:30 untill 08:35. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Punder Wout

Coaches: De Decker Tania HEADCOACH

PB => Personal Best time

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

Event number: 13: 100M BACKSTROKE WOMEN 11+ Heat:17, starttime: 10:35

Heat: 17/20 Lane : 2 Athlete: DESMET STERRE			Q-time: 01:15:76
PB (50m pool): 01:15.11 Antwerpen 21/07/2024			PB (25m pool): 01:12.72 SB: 01:15.76 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:15.11	
	no time		
			

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+ Heat:1, starttime: 11:23

Heat: 1/2 Lane : 5 Athlete: DESMET STERRE							Q-time: 05:54:27	
PB (50m pool): 05:54.27 Antwerpen 19/04/2026				PB (25m pool): 06:03.67 SB: 05:54.27 Antwerpen 19/04/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.69	01:18.22	02:03.84	02:48.95	03:40.32	04:32.31	05:13.72	05:54.27
	00:35.69	00:42.53	00:45.62	00:45.11	00:51.37	00:51.99	00:41.41	00:40.55
								

Coach feedback: