

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

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

Coaches: Guldentops Kevin

Coaches: Verluyten Philippe

Coaches: Michiels Hans HEADCOACH

Coaches: Hanssens Yash

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 08:47
Heat: 2/22 Lane : 1 Athlete: HERREGODTS INA			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:25.58 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 08:53
Heat: 5/22 Lane : 5 Athlete: LALOO FÉLINE			Q-time: 01:20:13
PB (50m pool): 01:16.10 Antwerpen 19/04/2026			PB (25m pool): 01:14.33 SB: 01:16.10 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:36.48	01:16.10	
	00:36.48	00:39.62	
	.	.	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 09:08
Heat: 14/22 Lane : 0 Athlete: DERRE FLEUR			Q-time: 01:08:03
PB (50m pool): 01:08.03 Antwerpen 08/03/2026			PB (25m pool): 01:07.48 SB: 01:08.03 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.40	01:08.03	
	00:32.40	00:35.63	
	.	.	

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 09:08
Heat: 14/22 Lane : 6 Athlete: SCHELFAUT NELL			Q-time: 01:07:76
PB (50m pool): 01:07.76 Antwerpen 15/03/2026			PB (25m pool): 01:06.27 SB: 01:07.76 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.44	01:07.76	
	00:32.44	00:35.32	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:10
Heat: 15/22 Lane : 1 Athlete: WAELPUT ELODIE			Q-time: 01:07:41
PB (50m pool): 01:07.41 Wezenberg 03/01/2026			PB (25m pool): 01:04.25 SB: 01:07.41 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:32.69	01:07.41	
	00:32.69	00:34.72	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 09:13
Heat: 17/22 Lane : 3 Athlete: VERLUYTEN NIENE			Q-time: 01:05:14
PB (50m pool): 01:05.14 Antwerpen 08/03/2026			PB (25m pool): 01:03.38 SB: 01:05.14 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.15	01:05.14	
	00:31.15	00:33.99	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 09:14
Heat: 18/22 Lane : 4 Athlete: MURAT IREM			Q-time: 01:04:13
PB (50m pool): 01:04.13 Lochristi 01/02/2026			PB (25m pool): 01:02.82 SB: 01:04.13 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:04.13	
	no time		
			

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 09:14
Heat: 18/22 Lane : 7 Athlete: VAN BUNDER INEZ			Q-time: 01:04:36
PB (50m pool): 01:04.36 Antwerpen 08/03/2026			PB (25m pool): 01:03.56 SB: 01:04.36 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.28	01:04.36	
	00:31.28	00:33.08	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 09:16
Heat: 19/22 Lane : 9 Athlete: DEBRABANDERE LEONIE			Q-time: 01:04:13
PB (50m pool): 01:04.13 Antwerpen 08/03/2026			PB (25m pool): 01:03.05 SB: 01:04.13 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:30.97	01:04.13	
	00:30.97	00:33.16	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:22, starttime: 09:20
Heat: 22/22 Lane : 2 Athlete: LAGEY LISELOTTE			Q-time: 01:00:21
PB (50m pool): 01:00.87 Antwerpen 19/04/2026			PB (25m pool): no time SB: 01:00.87 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:29.07	01:00.87	
	00:29.07	00:31.80	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:22, starttime: 09:20
Heat: 22/22 Lane : 9 Athlete: DE JONG SUZAN			Q-time: 01:03:06
PB (50m pool): 01:02.36 Antwerpen 19/04/2026			PB (25m pool): 01:00.76 SB: 01:02.36 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:29.76	01:02.36	
	00:29.76	00:32.60	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE MEN 11+			Heat:5, starttime: 09:30
Heat: 5/23 Lane : 3 Athlete: EVERAERT MATTHIEU			Q-time: 01:13:71
PB (50m pool): 01:13.71 Antwerpen 15/03/2026			PB (25m pool): 01:12.53 SB: 01:13.71 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.63	01:13.71	
	00:35.63	00:38.08	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:7, starttime: 09:33
Heat: 7/23 Lane : 1 Athlete: VANDEPUTTE WOUT			Q-time: 01:10:89
PB (50m pool): 01:10.89 Antwerpen 15/03/2026			PB (25m pool): 01:10.78 SB: 01:10.89 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.28	01:10.89	
	00:34.28	00:36.61	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:9, starttime: 09:37
Heat: 9/23 Lane : 2 Athlete: SCIACCA EMILIO			Q-time: 01:07:45
PB (50m pool): 01:06.87 Antwerpen 19/04/2026			PB (25m pool): 01:04.61 SB: 01:06.87 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:32.46	01:06.87	
	00:32.46	00:34.41	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:9, starttime: 09:37
Heat: 9/23 Lane : 6 Athlete: RENDERS KLAAS			Q-time: 01:07:36
PB (50m pool): 01:07.36 Antwerpen 15/03/2026			PB (25m pool): 01:08.11 SB: 01:07.36 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.29	01:07.36	
	00:32.29	00:35.07	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE MEN 11+			Heat:10, starttime: 09:38
Heat: 10/23 Lane : 9 Athlete: KARER MALIK			Q-time: 01:06:74
PB (50m pool): 01:05.69 Antwerpen 19/04/2026			PB (25m pool): 01:04.82 SB: 01:05.69 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:31.65	01:05.69	
	00:31.65	00:34.04	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:12, starttime: 09:41
Heat: 12/23 Lane : 2 Athlete: EL BOUJADDAYNI DAOUD			Q-time: 01:03:43
PB (50m pool): 01:02.47 Antwerpen 19/04/2026			PB (25m pool): 01:00.40 SB: 01:02.47 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:29.91	01:02.47	
	00:29.91	00:32.56	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:43
Heat: 13/23 Lane : 2 Athlete: BOEL LIAM			Q-time: 01:02:59
PB (50m pool): 01:00.93 Antwerpen 19/04/2026			PB (25m pool): 01:01.13 SB: 01:00.93 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:29.67	01:00.93	
	00:29.67	00:31.26	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:15, starttime: 09:46
Heat: 15/23 Lane : 8 Athlete: SCIACCA LEANDRO			Q-time: 01:01:33
PB (50m pool): 00:58.58 Antwerpen 19/04/2026			PB (25m pool): 00:58.93 SB: 00:58.58 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:28.76	00:58.58	
	00:28.76	00:29.82	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE MEN 11+			Heat:18, starttime: 09:50
Heat: 18/23 Lane : 2 Athlete: SCHRAUWEN BJARNE			Q-time: 00:59:04
PB (50m pool): 00:58.90 Antwerpen 19/04/2026			PB (25m pool): 00:58.02 SB: 00:58.90 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:28.02	00:58.90	
	00:28.02	00:30.88	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:19, starttime: 09:51
Heat: 19/23 Lane : 6 Athlete: DE JONG STAN			Q-time: 00:58:17
PB (50m pool): 00:57.78 Antwerpen 19/04/2026			PB (25m pool): 00:57.31 SB: 00:57.78 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:28.12	00:57.78	
	00:28.12	00:29.66	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:21, starttime: 09:54
Heat: 21/23 Lane : 7 Athlete: MICHIELS SIBE			Q-time: 00:56:17
PB (50m pool): 00:56.17 Antwerpen 08/03/2026			PB (25m pool): 00:54.18 SB: 00:56.17 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.13	00:56.17	
	00:27.13	00:29.04	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 10:01
Heat: 2/20 Lane : 8 Athlete: HERREGODTS INA			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:16
Heat: 8/20 Lane : 8 Athlete: GOEMINNE ELLEMIEKE			Q-time: 01:30:01
PB (50m pool): 01:30.01 Gent 08/02/2026			PB (25m pool): 01:27.31 SB: 01:30.01 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:44.62	01:30.01	
	00:44.62	00:45.39	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 10:24
Heat: 12/20 Lane : 7 Athlete: MURAT IREM			Q-time: 01:21:39
PB (50m pool): 01:21.39 Wezenberg 05/01/2025			PB (25m pool): 01:16.93 SB: 01:22.15 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.35	01:21.39	
	00:39.35	00:42.04	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 7 Athlete: VAN BUNDER INEZ			Q-time: 01:17:24
PB (50m pool): 01:17.24 Antwerp 26/01/2025			PB (25m pool): 01:13.05 SB: 01:18.25 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:38.05	01:17.24	
	00:38.05	00:39.19	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 10:33
Heat: 16/20 Lane : 0 Athlete: DERRE FLEUR			Q-time: 01:16:96
PB (50m pool): 01:16.96 Antwerpen 08/03/2026			PB (25m pool): 01:14.03 SB: 01:16.96 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:37.53	01:16.96	
	00:37.53	00:39.43	
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 10:33
Heat: 16/20 Lane : 4 Athlete: WAELPUT ELODIE			Q-time: 01:16:19
PB (50m pool): 01:16.19 Wezenberg Topsportbad, Antwerp 18/02/2025			PB (25m pool): 01:14.71 SB: 01:17.68 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:16.19	
	no time		
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:18, starttime: 10:37
Heat: 18/20 Lane : 2 Athlete: STESENS EMMA-LOUISE			Q-time: 01:10:68
PB (50m pool): 01:10.52 Antwerpen 19/04/2026			PB (25m pool): 01:08.67 SB: 01:10.52 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:34.06	01:10.52	
	00:34.06	00:36.46	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:19, starttime: 10:39
Heat: 19/20 Lane : 3 Athlete: VERLUYTEN LENI			Q-time: 01:07:58
PB (50m pool): 01:07.58 La Louvière 25/05/2025			PB (25m pool): 01:06.11 SB: 01:08.88 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.77	01:07.58	
	00:32.77	00:34.81	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:20, starttime: 10:41
Heat: 20/20 Lane : 6 Athlete: DE JONG SUZAN			Q-time: 01:09:11
PB (50m pool): 01:09.11 Antwerpen 08/03/2026			PB (25m pool): 01:06.83 SB: 01:09.11 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:33.10	01:09.11	
	00:33.10	00:36.01	
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:20, starttime: 10:41
Heat: 20/20 Lane : 7 Athlete: VERLUYTEN NIENE			Q-time: 01:10:75
PB (50m pool): 01:10.75 Antwerpen 08/03/2026			PB (25m pool): 01:08.79 SB: 01:10.75 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.15	01:10.75	
	00:34.15	00:36.60	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 1 Athlete: EL BOUJADDAYNI YAHYA			Q-time: 01:36:78
PB (50m pool): 01:36.78 Antwerpen 15/03/2026			PB (25m pool): 01:42.14 SB: 01:36.78 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.39	01:36.78	
	00:47.39	00:49.39	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:55
Heat: 6/19 Lane : 2 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN			Q-time: 01:24:24
PB (50m pool): 01:24.24 Antwerpen 08/03/2026			PB (25m pool): 01:29.88 SB: 01:24.24 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:41.92	01:24.24	
	00:41.92	00:42.32	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:59
Heat: 8/19 Lane : 3 Athlete: KARER MALIK			Q-time: 01:21:16
PB (50m pool): 01:21.16 Wezenberg 04/01/2026			PB (25m pool): 01:18.54 SB: 01:21.16 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.09	01:21.16	
	00:39.09	00:42.07	
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:01
Heat: 9/19 Lane : 1 Athlete: SCIACCA EMILIO			Q-time: 01:19:80
PB (50m pool): 01:19.80 Antwerpen 20/07/2025			PB (25m pool): 01:17.47 SB: 01:19.99 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.84	01:19.80	
	00:38.84	00:40.96	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:01
Heat: 9/19 Lane : 2 Athlete: SCIACCA LEANDRO			Q-time: 01:19:41
PB (50m pool): 01:19.41 Wezenberg 05/01/2025			PB (25m pool): 01:13.00 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.92	01:19.41	
	00:37.92	00:41.49	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 11:05
Heat: 11/19 Lane : 5 Athlete: RENDERS KLAAS			Q-time: 01:15:76
PB (50m pool): 01:15.23 Antwerpen 19/04/2026			PB (25m pool): 01:11.61 SB: 01:15.23 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:37.16	01:15.23	
	00:37.16	00:38.07	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:18, starttime: 11:19
Heat: 18/19 Lane : 3 Athlete: MICHIELS SIBE			Q-time: 01:01:53
PB (50m pool): 01:01.53 Antwerpen 08/03/2026			PB (25m pool): 01:00.40 SB: 01:01.53 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:30.01	01:01.53	
	00:30.01	00:31.52	
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11+										Heat:18, starttime: 11:19	
Heat: 18/19 Lane : 8 Athlete: DE JONG STAN									Q-time: 01:07:04		
PB (50m pool): 01:07.04 Antwerpen 15/03/2026					PB (25m pool): 01:05.24 SB: 01:07.04 Antwerpen 15/03/2026						
	5 0 M		1 0 0 M								
PB	00:32.53		01:07.04								
	00:32.53		00:34.51								
											

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:30	
Heat: 2/2 Lane : 0 Athlete: DEBRABANDERE LEONIE							Q-time: 05:47:87	
PB (50m pool): 05:47.87 Antwerpen 20/07/2025				PB (25m pool): 05:39.74SB: 05:48.75 Lochristi 01/02/2026				
	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	00:34.69	01:17.18	02:03.29	02:48.17	03:39.29	04:30.90	05:10.27	05:47.87
	00:34.69	00:42.49	00:46.11	00:44.88	00:51.12	00:51.61	00:39.37	00:37.60
								

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:30	
Heat: 2/2 Lane : 1 Athlete: SCHELFAUT NELL							Q-time: 05:44:73	
PB (50m pool): 05:44.73 Antwerpen 27/07/2025				PB (25m pool): 05:44.72 SB: no time				
	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	00:35.57	01:17.85	02:00.97	02:42.62	03:34.36	04:27.58	05:06.80	05:44.73
	00:35.57	00:42.28	00:43.12	00:41.65	00:51.74	00:53.22	00:39.22	00:37.93
								

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 11:30	
Heat: 2/2 Lane : 7 Athlete: VERLUYTEN LENI							Q-time: 05:43:09	
PB (50m pool): 05:30.28 Aalst 22/06/2024				PB (25m pool): 05:24.53 SB: no time				
	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	no time	no time	no time	no time	no time	no time	no time	05:30.28
	no time							
								

Coach feedback:

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

Event number: 16: 400M MEDLEY MEN 11+							Heat:2, starttime: 11:44	
Heat: 2/3 Lane : 8 Athlete: SCHRAUWEN BJARNE							Q-time: 05:36:34	
PB (50m pool): 05:36.34 Eindhoven 16/03/2025							PB (25m pool): 05:45.80 SB: no time	
	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	00:37.04	01:20.18	02:01.39	02:42.40	03:32.75	04:22.86	05:01.41	05:36.34
	00:37.04	00:43.14	00:41.21	00:41.01	00:50.35	00:50.11	00:38.55	00:34.93
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:2, starttime: 11:44	
Heat: 2/3 Lane : 9 Athlete: AERENS JEF							Q-time: 05:45:01	
PB (50m pool): 05:45.01 Antwerpen 08/03/2026							PB (25m pool): 05:44.01 SB: 05:45.01 Antwerpen 08/03/2026	
	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	00:35.79	01:18.54	02:04.05	02:47.84	03:36.46	04:26.34	05:06.76	05:45.01
	00:35.79	00:42.75	00:45.51	00:43.79	00:48.62	00:49.88	00:40.42	00:38.25
								

Coach feedback: