

deKlikbox.be-cup : Session: 93: COACH evaluation sheet for TEAM: TSZ

Coachinfo: Warming up from: 13:15 untill 14:10. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verluyten Philippe

PB => Personal Best time

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

Event number: 301: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:23	
Heat: 2/3 Lane : 3 Athlete: JANSSENS MILA							Q-time: 07:10:38	
PB (25m pool): 07:10.38 LAGO Zwevegem 25/05/2026				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:44.42		01:38.65		02:35.27		03:30.53
	00:44.42		00:54.23		00:56.62		00:55.26	
	...	...	...	...	...	...	...	...
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:27.33		05:23.53		06:18.16		07:10.38
	00:56.80		00:56.20		00:54.63		00:52.22	
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 301: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 14:31	
Heat: 3/3 Lane : 1 Athlete: SEGERS ZOë							Q-time: 06:30:11	
PB (25m pool): 06:30.11 LAGO Zwevegem 25/05/2026				PB (50m pool): 07:33.31 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:43.88		01:33.65		02:23.74		03:13.56
	00:43.88		00:49.77		00:50.09		00:49.82	
	...	...	...	...	...	...	...	...
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:03.64		04:53.11		05:42.62		06:30.11
	00:50.08		00:49.47		00:49.51		00:47.49	
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 301: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 14:31	
Heat: 3/3 Lane : 6 Athlete: OSSELAER VAN NIEUWENHUYZE KAIL							Q-time: 07:07:53	
PB (25m pool): 07:07.53 LAGO Zwevegem 25/05/2026				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:43.82		01:37.86		02:33.52		03:29.14
	00:43.82		00:54.04		00:55.66		00:55.62	
	...	...	...	...	...	...	...	...
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:24.91		05:19.54		06:15.65		07:07.53
	00:55.77		00:54.63		00:56.11		00:51.88	
	...	...	...	...	...	...	...	...