

Recordwedstrijd KAZS: Session: 1: COACH evaluation sheet for TEAM: KZK

Coachinfo: Warming up from: 16:00 untill 16:55. Teamleadmeeting @ 16:15 The listed starttimes are indicative!

Coaches: Delrue Remi HEADCOACH

PB => Personal Best time

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

Event number: 6: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 17:35
Heat: 2/3 Lane : 3 Athlete: DELRUE REMI			Q-time: 00:29:56
PB (25m pool): 00:30.13 Diksmuide 15/10/2023			PB (50m pool): 00:28.93 SB: no time
	2 5 M	5 0 M	
PB		00:30.13	
		00:30.13	
			

Coach feedback:

Event number: 20: 50M FREESTYLE MEN 11+			Heat:2, starttime: 18:50
Heat: 2/4 Lane : 5 Athlete: DELRUE REMI			Q-time: 00:28:72
PB (25m pool): 00:28.91 Brugge 20/10/2024			PB (50m pool): 00:28.16 SB: no time
	2 5 M	5 0 M	
PB		00:28.91	
		00:28.91	
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+				Heat:2, starttime: 19:15
Heat: 2/2 Lane : 7 Athlete: DELRUE REMI				Q-time: 01:04:47
PB (25m pool): 01:04.62 Gent(Sint-Amandsberg) 11/11/2024				PB (50m pool): 01:04.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:29.29		01:04.62
		00:29.29		00:35.33
				

Coach feedback:

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Event number: 30: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 19:35
Heat: 1/1 Lane : 6 Athlete: DELRUE REMI				Q-time: 01:11:05	
PB (25m pool): 01:08.50 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 01:08.57 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.33		01:08.50	
	00:33.33		00:35.17		
					

Coach feedback: