

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

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

Coaches: De Ridder Sterre HEADCOACH

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

Event number: 1: 400M FREESTYLE WOMEN 11+ Heat:1, starttime: 17:00

Heat: 1/1 Lane : 5 Athlete: DE RIDDER STERRE Q-time: 04:48:50

PB (25m pool): 04:48.50 Herentals 04/10/2025 PB (50m pool): 04:48.48 SB: 04:48.50 Herentals 04/10/2025

	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		00:34.57		01:10.99		01:47.75		02:24.52
	00:34.57		00:36.42		00:36.76		00:36.77	
								
	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		03:00.62		03:37.20		04:13.42		04:48.50
	00:36.10		00:36.58		00:36.22		00:35.08	
								

Coach feedback:

Event number: 25: 100M BUTTERFLY WOMEN 11+ Heat:1, starttime: 19:10

Heat: 1/1 Lane : 6 Athlete: DE RIDDER STERRE Q-time: 01:13:76

PB (25m pool): 01:12.27 Nijlen 17/11/2024 PB (50m pool): 01:17.81 SB: 01:13.76 Herentals 09/05/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.20		01:12.27	
	00:34.20		00:38.07		
					

Coach feedback: