

Memoreal Anteonis 26: Session: 3: COACH evaluation sheet for TEAM: 09-008

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 The listed starttimes are indicative!
PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:4, starttime: 09:49	
Heat: 4/9 Lane : 3 Athlete: RUVEN JESPER							Q-time: 03:21:75	
PB (25m pool): 3:21.75 Bodegraven 12 apr 2026							PB (50m pool): 3:33.32 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		46.34		1:37.72				3:21.75
	46.34		51.38				1:44.03	
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:8, starttime: 10:03	
Heat: 8/9 Lane : 6 Athlete: VAN KINTS THIJS							Q-time: 02:46:94	
PB (25m pool): 2:45.12 Amersfoort 27 sep 2026							PB (50m pool): 2:53.35 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		37.08		1:18.92		2:01.35		2:45.12
	37.8		41.84		42.43		43.77	
								

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:6, starttime: 10:32	
Heat: 6/11 Lane : 4 Athlete: DE HEIJ NIKKI							Q-time: 02:49:35	
PB (25m pool): 2:49.35 Veenendaal 25 okt 2025							PB (50m pool): 2:55.78 SB:	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		40.87		1:23.70				2:49.35
	40.87		42.83				1:25.65	
								

Coach feedback:

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Event number: 24: 200M BUTTERFLY MEN 11-17							Heat:1, starttime: 11:29	
Heat: 1/2 Lane : 6 Athlete: VAN KINTS THIJS							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool): No time SB:					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB								
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:11, starttime: 12:10	
Heat: 11/19 Lane : 3 Athlete: DE HEIJ NIKKI							Q-time: 02:29:20	
PB (25m pool): 2:26.30 Gouda 4 okt 2026				PB (50m pool): 2:33.70 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		33.55		1:10.64		1:48.84		2:26.30
	33.55		37.09		38.20		37.46	
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:12, starttime: 12:13	
Heat: 12/19 Lane : 7 Athlete: BANNATYNE JESSICA							Q-time: 02:27:59	
PB (25m pool): 2:27.59 Leiden 21 mrt 2026				PB (50m pool): 2:31.12 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		33.35		1:10.26		1:48.74		2:27.59
	33.35		36.91		38.48		38.85	
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:16, starttime: 12:24	
Heat: 16/19 Lane : 6 Athlete: BAKKER CHARLOTTE							Q-time: 02:19:28	
PB (25m pool): 2:19.28 Gouda 15 mrt 2026				PB (50m pool): 2:23.94 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		32.49		1:08.26		1:43.81		2:19.28
	32.49		35.77		35.55		35.47	
								

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:19, starttime: 12:33	
Heat: 19/19 Lane : 6 Athlete: BANNATYNE JULIA							Q-time: 02:10:17	
PB (25m pool): 2:10.17 Amsterdam 25 jan 2026				PB (50m pool): 2:14.04 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		30.28		1:03.66		1:36.98		2:10.17
	30.28		33.38		33.32		33.19	
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:7, starttime: 12:55	
Heat: 7/16 Lane : 2 Athlete: RUVEN JESPER							Q-time: 02:25:51	
PB (25m pool): 2:25.51 Bodegraven 12 apr 2026				PB (50m pool): 2:31.04 SB:				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		33.31		1:10.27				2:25.51
	33.31		36.96			1:15.24		
								

Coach feedback: