

Memoreal Anteonis 26: Session: 3: COACH evaluation sheet for TEAM: 12-005

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: 19: 200M BREASTSTROKE WOMEN 11-17 Heat:5, starttime: 09:17

Heat: 5/9 Lane : 5 Athlete: VERBIST INDY Q-time: 03:18:09

PB (25m pool): 3:18.09 Leeuwarden 29 dec 2025				PB (50m pool): 3:18.72 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		45.11		1:36.84		2:29.77		3:18.09
	45.11		51.73		52.93		48.32	
								

Coach feedback:

Event number: 22: 200M BACKSTROKE MEN 11-17 Heat:3, starttime: 11:01

Heat: 3/8 Lane : 6 Athlete: DE JONGHE XANDER Q-time: 02:57:79

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:2, starttime: 11:41

Heat: 2/19 Lane : 6 Athlete: RAEMDONCK RENÉE Q-time: 03:15:36

PB (25m pool): 3:19.47 Terneuzen 23 nov 2025				PB (50m pool): 3:15.36 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		42.61		1:33.56		2:27.28		3:19.47
	42.61		50.95		53.72		52.19	
								

Coach feedback:

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Event number: 26: 200M FREESTYLE MEN 11-17							Heat:14, starttime: 13:15	
Heat: 14/16 Lane : 9 Athlete: DE JONGHE XANDER							Q-time: 02:09:91	
PB (25m pool): 2:09.91 Kapelle 18 jan 2026				PB (50m pool): 2:15.12 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		29.93		1:01.37		1:37.19		2:09.91
	29.93		31.44		35.82		32.72	
								

Coach feedback: