Open Flanders SC: Session: 1: COACH evaluation sheet for TEAM: LZV

Coachinfo: Warming up from: 08:30 untill 09:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Jacobs Ella HEADCOACH

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

Event number: 10: 50M BACKSTROKE WOMEN — Heat:3, starttime: 11:14

Heat: 3/4 Lane : 7 Athlete: JACOBS ELLA — **Q-time: 00:30:75**

PB (25m pool): 00:30.75 Gent 09/11/2025 **PB (50m pool):** 00:32.06 **SB:** no time

	25 M	50 M	
PB		00:30.75	
		00:30.75	
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Coach feedback: