Open Flanders SC: Session: 1: COACH Evaluation sheet for TEAM: KNZB

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

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

Event number: 2: 100M BUTTERFLY WOMEN — Heat:2, starttime: 10:10

Heat: 2/3 Lane : 4 Athlete: ENGELSE JINTH — **Q-time: 00:59:63**

PB (25m pool): 59.63 Den Haag 21 dec 2025 **PB (50m pool):** 1:02.95 **SB:**

	25 M	50 M	75 M	100 M	
PB		27.38		59.63	
		27.38		*32.25*	
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Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN — Heat:1, starttime: 10:56

Heat: 1/3 Lane : 3 Athlete: ENGELSE JINTH — **Q-time: 02:03:93**

PB (25m pool): 2:03.93 Amersfoort 4 okt 2025 **PB (50m pool):** 2:13.11 **SB:**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		27.90		58.90				2:03.93
		27.90		*31.00*				*1:05.03*
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Coach feedback: