Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: HN

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

Coaches: Hofmans Francoise HEADCOACH

Coaches: Ardu Daniel

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

Event number: 13: 200M MEDLEY WOMEN — Heat:2, starttime: 10:03

Heat: 2/2 Lane : 3 Athlete: LABASSE CLEMENCE — **Q-time: 02:23:16**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 16: 200M BUTTERFLY MEN — Heat:1, starttime: 10:25

Heat: 1/2 Lane : 2 Athlete: JACOB GEOFFREY — **Q-time: 02:14:89**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 22: 400M MEDLEY MEN — Heat:1, starttime: 11:08

Heat: 1/2 Lane : 5 Athlete: BENNANI WALID — **Q-time: 04:28:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225 M	**250 M**	**275 M**	**300**	**325**	**350**	**375**	**400 M**
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: HN

Event number: 23: 100M MEDLEY WOMEN **Heat:4, starttime: 11:24**

Heat: 4/4 Lane : 3 Athlete: LABASSE CLEMENCE **Q-time: 01:07:08**

PB (25m pool): **no time** **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: