Open Flanders SC: Session: 3: 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: 17: 50M BUTTERFLY WOMEN — Heat:4, starttime: 10:34

Heat: 4/4 Lane : 1 Athlete: JACOBS ELLA — **Q-time: 00:30:05**

PB (25m pool): 00:30.05 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:30.98 **SB:** no time

	25 M	50 M	
PB		00:30.05	
		00:30.05	
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Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN — Heat:4, starttime: 11:06

Heat: 4/4 Lane : 2 Athlete: JACOBS ELLA — **Q-time: 00:57:97**

PB (25m pool): 00:57.97 Durmehal 27/09/2026 PB (50m pool): 00:59.00 **SB:** 00:57.97 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:28.26		00:57.97	
		00:28.26		*00:29.71*	
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Coach feedback: