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

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: 13: 200M MEDLEY WOMEN — Heat:1, starttime: 10:00

Heat: 1/2 Lane : 5 Athlete: DUMONT SARAH — **Q-time: 02:21:91**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/4 Lane : 3 Athlete: DUMONT SARAH — **Q-time: 00:55:84**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	
PB					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: