Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: GZVN

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

Coaches: Broux Yves

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

Event number: 35: 400M FREESTYLE WOMEN — Heat:2, starttime: 11:17

Heat: 2/2 Lane : 6 Athlete: BROUX ELISE — **Q-time: 04:26:77**

PB (25m pool): 04:26.77 Hasselt 04/10/2026 **PB (50m pool):** 04:35.23 **SB:** 04:26.77 Hasselt 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:31.04		01:04.27		01:37.98		02:11.80
		00:31.04		*00:33.23*		*00:33.71*		*00:33.82*
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	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:45.40		03:19.38		03:53.68		04:26.77
		00:33.60		*00:33.98*		*00:34.30*		*00:33.09*
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Coach feedback: