DZO Najaarsmeeting: Session: 1: COACH evaluation sheet for TEAM: LZV

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 5: 400M FREESTYLE MEN 11+ Heat:5, starttime: 11:04

Heat: 5/5 Lane : 4 Athlete: VERHENNE TIM **Q-time: 04:32:87**

PB (25m pool): 04:32.87 Durmehal 27/09/2026 **PB (50m pool):** 04:44.90 **SB:** 04:32.87 Durmehal 27/09/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:30.61		01:04.62		01:39.69		02:15.10
		00:30.61		*00:34.01*		*00:35.07*		*00:35.41*
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	225M	250M	275M	300	325	350	375	400M
PB		02:50.09		03:25.69		04:00.69		04:32.87
		00:34.99		*00:35.60*		*00:35.00*		*00:32.18*
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Coach feedback: