

# BK WE1 2025: Session: 1: COACH evaluation sheet for TEAM: LZV

Coachinfo: Warming up from: 07:00 until 08:15.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Lammens Tim HEADCOACH

Coaches: Felies JÄ¼rgen

PB => Personal Best time

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

**Event number: 3: 200M MEDLEY WOMEN 11-12** Heat:14, starttime: 10:14

Heat: 14/17 Lane : 4 Athlete: LAMMENS ALIX Q-time: 02:50:85

PB (50m pool): 2:51.15 Antwerp 26 Jan 2025 PB (25m pool): 2:50.85 SB:

	50 M	100 M	150 M	200 M	
PB	37.23	1:20.09	2:12.45	2:51.15	
	37.23	42.86	52.36	38.70	
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Coach feedback:

**Event number: 4: 100M BACKSTROKE MEN 11-12** Heat:10, starttime: 10:43

Heat: 10/12 Lane : 7 Athlete: ROGIERS LOUIS Q-time: 01:20:07

PB (50m pool): 1:22.44 Gent 4 May 2025 PB (25m pool): 1:20.07 SB:

	50 M	100 M	
PB	40.13	1:22.44	
	40.13	42.31	
	.....	.....	

Coach feedback: