

CB-BK WE1 2026: Session: 1: COACH evaluation sheet for TEAM: ZVL

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Usewils Loni

Coaches: De Weerd Koen HEADCOACH

Coaches: Jacob Sven

PB => Personal Best time

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

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:8, starttime: 10:17
Heat: 8/20 Lane : 4 Athlete: VAN BREEDAM LENA					Q-time: 03:04:33
PB (50m pool): 03:06.83 Antwerpen 19/04/2026					PB (25m pool): 03:00.22 SB: 03:06.83 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.60	01:25.72	02:23.97	03:06.83	
	00:37.60	00:48.12	00:58.25	00:42.86	
					

Coach feedback:

Event number: 8: 4x100M MEDLEY MIXED 13-14							Heat:2, starttime: 12:58	
Heat: 2/4 Lane : 1 Athlete: TEAM ZVL 1							Q-time: 05:35:08	
PB (50m pool):			PB (25m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
								

Coach feedback: