

CB-BK WE1 2026: Session: 3: 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 Weerdt Koen HEADCOACH

Coaches: Jacob Sven

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:1, starttime: 08:30	
Heat: 1/12 Lane : 2 Athlete: SARMI SOFIA							Q-time: 05:10:14	
PB (50m pool): 05:25.07 Mol 28/06/2026			PB (25m pool): 05:10.14SB: 05:25.07 Mol 28/06/2026					
	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	00:37.87	01:19.69	02:01.99	02:45.39	03:27.04	04:08.11	04:48.25	05:25.07
	00:37.87	00:41.82	00:42.30	00:43.40	00:41.65	00:41.07	00:40.14	00:36.82
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12							Heat:18, starttime: 10:47	
Heat: 18/20 Lane : 7 Athlete: VAN BREEDAM LENA							Q-time: 01:19:74	
PB (50m pool): 01:23.46 Mol 28/06/2026				PB (25m pool): 01:19.74 SB: 01:23.46 Mol 28/06/2026				
	5 0 M	1 0 0 M						
PB	00:40.69	01:23.46						
	00:40.69	00:42.77						
								

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14							Heat:7, starttime: 13:16	
Heat: 7/15 Lane : 4 Athlete: DE VOCHT LINNE							Q-time: 02:43:38	
PB (50m pool): 02:48.48 Antwerpen 19/04/2026				PB (25m pool): 02:43.38SB: 02:48.48 Antwerpen 19/04/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:39.21	01:22.45	02:05.88	02:48.48				
	00:39.21	00:43.24	00:43.43	00:42.60				
								

Coach feedback: