

CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: SCC

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

Coaches: ZERAIDI Hassan

PB => Personal Best time

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

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:4, starttime: 08:47	
Heat: 4/9 Lane : 2 Athlete: ZERAIDI ZAKARIA							Q-time: 04:52:13	
PB (50m pool): 04:52.13 Seraing 14/05/2026				PB (25m pool): 05:17.83SB: 04:52.13 Seraing 14/05/2026				
	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	00:32.38	01:08.50	01:46.04	02:23.58	03:01.38	03:39.42	04:17.34	04:52.13
	00:32.38	00:36.12	00:37.54	00:37.54	00:37.80	00:38.04	00:37.92	00:34.79
								

Coach feedback: