

CB-BK WE2 2026: Session: 2: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 15:00 untill 15:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Konings Antoinette HEADCOACH

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

Event number: 13: 400M FREESTYLE WOMEN 19+							Heat:1, starttime: 16:00	
Heat: 1/1 Lane : 2 Athlete: KONINGS YLVA							Q-time: 04:40:06	
PB (50m pool): 04:40.06 Antwerp 09/02/2025				PB (25m pool): no time SB: no time				
	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	00:31.86	01:06.85	01:42.26	02:17.99	02:53.88	03:30.00	04:05.44	04:40.06
	00:31.86	00:34.99	00:35.41	00:35.73	00:35.89	00:36.12	00:35.44	00:34.62
								

Coach feedback: