

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

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

Coaches: Segers Ellen HEADCOACH

PB => Personal Best time

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

Event number: 15: 1500M FREESTYLE MEN 17+ Heat:1, starttime: 16:56

Heat: 1/1 Lane : 8 Athlete: PERSOONS EMIEL Q-time: 17:27:43

PB (50m pool): 17:27.43 Antwerpen 22/03/2026 PB (25m pool): 17:19.05 SB: 17:27.43 Antwerpen 22/03/2026

	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	00:31.43	01:06.21	01:40.83	02:16.92	02:51.72	03:27.66	04:02.64	04:38.72
	00:31.43	00:34.78	00:34.62	00:36.09	00:34.80	00:35.94	00:34.98	00:36.08
								

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:14.10	05:49.40	06:24.37	06:59.83	07:34.73	08:10.19	08:45.51	09:20.83
	00:35.38	00:35.30	00:34.97	00:35.46	00:34.90	00:35.46	00:35.32	00:35.32
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	09:55.84	10:31.38	11:05.90	11:41.62	12:15.92	12:51.66	13:26.55	14:02.26
	00:35.01	00:35.54	00:34.52	00:35.72	00:34.30	00:35.74	00:34.89	00:35.71
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	14:37.30	15:12.37	15:46.54	16:21.45	16:55.30	17:27.43	
	00:35.04	00:35.07	00:34.17	00:34.91	00:33.85	00:32.13	
							

Coach feedback: