

CB-BK WE2 2026: Session: 4: COACH evaluation sheet for TEAM: AZV

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

Coaches: Claassen Benny HEADCOACH

Coaches: Verachttert Elke

Coaches: Torfs Agnes

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE MEN 19+							Heat:3, starttime: 16:11	
Heat: 3/3 Lane : 8 Athlete: CLAASSEN ILARIO							Q-time: 04:11:62	
PB (50m pool): 04:11.62 Antwerpen 27/07/2025				PB (25m pool): 04:05.46 SB: 04:27.91 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	00:27.60	00:57.82	01:29.52	02:02.15	02:34.75	03:07.88	03:40.12	04:11.62
	00:27.60	00:30.22	00:31.70	00:32.63	00:32.60	00:33.13	00:32.24	00:31.50
								

Coach feedback: