

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

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

Coaches: Melders Peter

Coaches: Jansen Goele HEADCOACH

PB => Personal Best time

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

Event number: 31: 400M MEDLEY WOMEN 19+ Heat:1, starttime: 16:16

Heat: 1/1 Lane : 8 Athlete: THEUWIS RUNE Q-time: 05:31:07

PB (50m pool): 05:23.37 Antwerpen 27/07/2025 PB (25m pool): 05:15.17 SB: 05:33.96 Antwerpen 17/05/2026

	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	00:33.81	01:14.17	01:57.72	02:39.31	03:25.58	04:12.30	04:48.93	05:23.37
	00:33.81	00:40.36	00:43.55	00:41.59	00:46.27	00:46.72	00:36.63	00:34.44
								

Coach feedback: