

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

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

Coaches: Melis Tom

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 : 5 Athlete: GRAHAM JIL							Q-time: 05:13:67	
PB (50m pool): 05:13.67 Antwerpen 27/07/2025				PB (25m pool): 05:06.05SB: 05:29.61 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	00:34.53	01:13.35	01:53.97	02:33.14	03:18.93	04:05.00	04:39.78	05:13.67
	00:34.53	00:38.82	00:40.62	00:39.17	00:45.79	00:46.07	00:34.78	00:33.89
								

Coach feedback:

Event number: 32: 1500M FREESTYLE WOMEN 17+							Heat:1, starttime: 17:10	
Heat: 1/1 Lane : 3 Athlete: GRAHAM JIL							Q-time: 18:17:38	
PB (50m pool): 18:17.38 Antwerpen 27/07/2025				PB (25m pool): 17:34.69SB: 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	00:33.64	01:10.55	01:47.14	02:24.21	03:01.25	03:38.79	04:15.92	04:53.78
	00:33.64	00:36.91	00:36.59	00:37.07	00:37.04	00:37.54	00:37.13	00:37.86
								

	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	05:30.57	06:07.31	06:44.28	07:21.75	07:58.69	08:35.95	09:12.71	09:49.72
	00:36.79	00:36.74	00:36.97	00:37.47	00:36.94	00:37.26	00:36.76	00:37.01
								

	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	10:25.98	11:02.74	11:39.04	12:15.98	12:52.60	13:29.55	14:06.07	14:42.50
	00:36.26	00:36.76	00:36.30	00:36.94	00:36.62	00:36.95	00:36.52	00:36.43
								

	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	15:18.46	15:54.73	16:30.76	17:07.13	17:42.16	18:17.38	
	00:35.96	00:36.27	00:36.03	00:36.37	00:35.03	00:35.22	
							

Coach feedback: