

CB-BK WE2 2026: Session: 4: 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: 31: 400M MEDLEY WOMEN 19+							Heat:1, starttime: 16:16	
Heat: 1/1 Lane : 3 Athlete: KONINGS YLVA							Q-time: 05:17:61	
PB (50m pool): 05:17.61 Antwerp 09/02/2025				PB (25m pool): 05:09.47 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	00:33.34	01:11.29	01:52.41	02:32.26	03:19.01	04:05.23	04:41.92	05:17.61
	00:33.34	00:37.95	00:41.12	00:39.85	00:46.75	00:46.22	00:36.69	00:35.69
								

Coach feedback: