

OBC LCM 2026: Session: 1: COACH evaluation sheet for TEAM: 13-033

Coachinfo: Warming up from: 07:30 untill 08:45.

Teamleadmeeting @

The listed starttimes are indicative!

PB => Personal Best time

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

Event number: 7: 400M FREESTYLE MEN

Heat:2, starttime: 10:32

Heat: 2/3 Lane : 5 Athlete: NIES MARTIJN

Q-time: 03:55:34

PB (50m pool): 3:55.34 Rotterdam 18 apr 2026

PB (25m pool): 3:55.00 SB:

	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	27.04	56.24	1:25.31	1:55.24	2:24.93	2:55.20	3:25.25	3:55.34
	27.04	29.20	29.07	29.93	29.69	30.27	30.05	30.09
								

Coach feedback: