

FSC 25: Session: 1: COACH evaluation sheet for TEAM: OC-EHV

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: 1: 400M FREESTYLE WOMEN 15+ | | | | | | | Heat:7, starttime: 09:35 | |
|---|-----------|-----------|-----------|-----------|-----------|-----------|----------------------------|-----------|
| Heat: 7/10 Lane : 1 Athlete: BUUNK DJELAYSA | | | | | | | Q-time: 04:47:86 | |
| PB (50m pool): 4:47.86 Eindhoven 1 Jun 2024 | | | | | | | PB (25m pool): 4:42.51 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 | 32.29 | 1:07.90 | 1:44.55 | 2:21.28 | 2:58.54 | 3:35.39 | 4:12.27 | 4:47.86 |
| | 32.29 | 35.61 | 36.65 | 36.73 | 37.26 | 36.85 | 36.88 | 35.59 |
| | | | | | | | | |

Coach feedback:

| Event number: 5: 200M BREASTSTROKE WOMEN 15+ | | | | | Heat:7, starttime: 11:10 | | | |
|--|-----------|-----------|-----------|-----------|----------------------------|--|--|--|
| Heat: 7/7 Lane : 1 Athlete: VONK TESS | | | | | Q-time: 02:46:04 | | | |
| PB (50m pool): 2:46.04 Rotterdam 29 Nov 2024 | | | | | PB (25m pool): 2:36.33 SB: | | | |
| | 5 0 M | 1 0 0 M | 1 5 0 M | 2 0 0 M | | | | |
| PB | 37.96 | 1:21.19 | 2:03.09 | 2:46.04 | | | | |
| | 37.96 | 43.23 | 41.90 | 42.95 | | | | |
| | | | | | | | | |

Coach feedback: