

FSC 25: Session: 7: COACH evaluation sheet for TEAM: KWZC

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Destoop Jens

Coaches: Bhija Younes HEADCOACH

PB => Personal Best time

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

Event number: 28: 100M FREESTYLE WOMEN 15+			Heat:7, starttime: 09:35
Heat: 7/16 Lane : 7 Athlete: RYSMAN AURÉLIE			Q-time: 01:03:51
PB (50m pool): 1:03.51 Antwerpen 27 Jul 2024			PB (25m pool): 1:01.71 SB: no time
	5 0 M	1 0 0 M	
PB	30.60	1:03.51	
	30.60	32.91	
	

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 15+			Heat:8, starttime: 09:40
Heat: 8/16 Lane : 1 Athlete: CARIS MARTHE			Q-time: 01:03:09
PB (50m pool): 1:03.09 Antwerp 28 Jan 2024			PB (25m pool): 1:00.51 SB: no time
	5 0 M	1 0 0 M	
PB	30.46	1:03.09	
	30.46	32.63	
	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 15+			Heat:2, starttime: 09:55
Heat: 2/7 Lane : 5 Athlete: BHIJA TARIQ			Q-time: 01:05:53
PB (50m pool): 1:05.53 Antwerpen 21 Jul 2024			PB (25m pool): 1:06.76 SB: no time
	5 0 M	1 0 0 M	
PB	32.23	1:05.53	
	32.23	33.30	
	

Coach feedback:

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Event number: 31: 200M FREESTYLE MEN 15+					Heat:9, starttime: 10:50
Heat: 9/20 Lane : 6 Athlete: BHIJA TARIQ					Q-time: 02:07:85
PB (50m pool): 2:07.85 Antwerpen 19 Jul 2024					PB (25m pool): 1:58.41 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	30.21	1:03.05	1:36.18	2:07.85	
	30.21	32.84	33.13	31.67	
	

Coach feedback:

Event number: 32: 200M MEDLEY WOMEN 15+					Heat:4, starttime: 11:35
Heat: 4/11 Lane : 5 Athlete: CARIS MARTHE					Q-time: 02:40:69
PB (50m pool): 2:40.69 Antwerp 28 Jan 2024					PB (25m pool): 2:35.29 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.72	1:16.35	2:02.71	2:40.69	
	34.72	41.63	46.36	37.98	
	

Coach feedback:

Event number: 32: 200M MEDLEY WOMEN 15+					Heat:6, starttime: 11:40
Heat: 6/11 Lane : 6 Athlete: RYSMAN AURÉLIE					Q-time: 02:38:56
PB (50m pool): 2:38.56 Antwerp 19 Jan 2024					PB (25m pool): 2:35.40 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	36.05	1:18.41	2:02.21	2:38.56	
	36.05	42.36	43.80	36.35	
	

Coach feedback:

Event number: 33: 50M BUTTERFLY MEN 15+					Heat:5, starttime: 12:00
Heat: 5/9 Lane : 2 Athlete: DESMET MILAN					Q-time: 00:26:95
PB (50m pool): 26.95 Antwerpen 21 Apr 2024					PB (25m pool): 26.54 SB: no time
	5 0 M				
PB	26.95				
	26.95				
				

Coach feedback: