

# vjk korte baan25: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Coachinfo: Warming up from: untill 09:15. Teamleadmeeting @ Relay line-up input: The listed starttimes are indicative!

PB => Personal Best time

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

**Event number: 2: 100M FREESTYLE WOMEN 11-12** **Heat:7, starttime: 10:22**

**Heat: 7/15 Lane : 1 Athlete: BIESEMANS JANA** **Q-time: 01:13:63**

**PB (25m pool): 01:13.63 Aarschot 28/07/2025** **PB (50m pool): 01:17.74 SB: 01:13.88 Sint-Pieters-Leeuw 05/10/2025**

	25 M	50 M	75 M	100 M	
<b>PB</b>		no time		01:13.63	
	no time				
	.....	.....	.....	.....	

Coach feedback:

**Event number: 4: 100M BACKSTROKE WOMEN 11-12** **Heat:11, starttime: 11:39**

**Heat: 11/15 Lane : 1 Athlete: BIESEMANS JANA** **Q-time: 01:20:89**

**PB (25m pool): 01:20.89 Leuven 12/10/2025** **PB (50m pool): 01:23.47 SB: 01:20.89 Leuven 12/10/2025**

	25 M	50 M	75 M	100 M	
<b>PB</b>		00:39.02		01:20.89	
	00:39.02			00:41.87	
	.....	.....	.....	.....	

Coach feedback: