

vjk korte baan25: Session: 4: COACH evaluation sheet for TEAM: ZS

Coachinfo: Warming up from: 13:00 until 13:45. Teamleadmeeting @ Relay line-up input: The listed starttimes are indicative!

Coaches: Meyers Sepp HEADCOACH

PB => Personal Best time

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

Event number: 29: 100M BUTTERFLY MEN 13-14 **Heat:7, starttime: 14:11**

Heat: 7/7 Lane : 7 Athlete: DE RIDDER ARNE **Q-time: 01:06:59**

PB (25m pool): 01:06.59 Antwerpen 12/10/2025 **PB (50m pool): 01:07.68 SB: 01:06.59 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100 M	
PB		00:31.01		01:06.59	
		<i>00:31.01</i>		<i>00:35.58</i>	
	

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13-14 **Heat:6, starttime: 14:22**

Heat: 6/7 Lane : 4 Athlete: VERRET JULIE **Q-time: 01:10:31**

PB (25m pool): 01:10.31 Herentals 17/05/2025 **PB (50m pool): 01:09.86 SB: no time**

	25 M	50 M	75 M	100 M	
PB		00:32.90		01:10.31	
		<i>00:32.90</i>		<i>00:37.41</i>	
	

Coach feedback:

Event number: 31: 100M BACKSTROKE MEN 13-14 **Heat:9, starttime: 14:44**

Heat: 9/9 Lane : 3 Athlete: DE RIDDER ARNE **Q-time: 01:04:79**

PB (25m pool): 01:04.79 Herentals 17/05/2025 **PB (50m pool): 01:07.24 SB: 01:05.18 Antwerpen 12/10/2025**

	25 M	50 M	75 M	100 M	
PB		00:31.60		01:04.79	
		<i>00:31.60</i>		<i>00:33.19</i>	
	

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 13-14				Heat:3, starttime: 14:51	
Heat: 3/10 Lane : 7 Athlete: VERNIERS NIME				Q-time: 01:18:98	
PB (25m pool): 01:18.98 Herentals 17/05/2025			PB (50m pool): 01:17.76 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:39.33		01:18.98	
	00:39.33		00:39.65		
	

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 13-14				Heat:5, starttime: 14:55	
Heat: 5/10 Lane : 2 Athlete: VERRET JULIE				Q-time: 01:15:38	
PB (25m pool): 01:15.38 Herentals 17/05/2025			PB (50m pool): 01:16.67 SB: no time		
	25 M	50 M	75 M	100 M	
PB		00:37.44		01:15.38	
	00:37.44		00:37.94		
	

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 13-14				Heat:3, starttime: 15:56	
Heat: 3/9 Lane : 5 Athlete: VERNIERS NIME				Q-time: 01:07:44	
PB (25m pool): 01:07.44 Mol 29/12/2024			PB (50m pool): 01:06.64 SB: 01:07.59 Antwerpen 12/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:33.23		01:07.44	
	00:33.23		00:34.21		
	

Coach feedback: