

# CVB BSB 05/26: Session: 4: COACH evaluation sheet for TEAM: ZORO

Coachinfo: Warming up from: 12:45 until 14:00. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Wassenhove Senne

Coaches: Eugene Astrid HEADCOACH

PB => Personal Best time

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

**Event number: 2: 200M BREASTSTROKE MEN 11+ Heat:2, starttime: 14:15**

**Heat: 2/5 Lane : 4 Athlete: HEBBELINCK SIMON Q-time: 99:99:99**

**PB (25m pool): 03:50.06 Sportoase Leuven 25/02/2024 PB (50m pool): no time SB: no time**

|    | 25 M           | 50 M    | 75 M  | 100     | 125   | 150     | 175   | 200 M    |
|----|----------------|---------|-------|---------|-------|---------|-------|----------|
| PB |                | no time |       | no time |       | no time |       | 03:50.06 |
|    | <i>no time</i> |         |       |         |       |         |       |          |
|    | .....          | .....   | ..... | .....   | ..... | .....   | ..... | .....    |

Coach feedback:

**Event number: 2: 200M BREASTSTROKE MEN 11+ Heat:3, starttime: 14:20**

**Heat: 3/5 Lane : 1 Athlete: CRAPS LIAM Q-time: 99:99:99**

**PB (25m pool): 04:00.83 Overijse 30/11/2024 PB (50m pool): no time SB: no time**

|    | 25 M            | 50 M     | 75 M            | 100      | 125   | 150     | 175   | 200 M    |
|----|-----------------|----------|-----------------|----------|-------|---------|-------|----------|
| PB |                 | 00:54.35 |                 | 01:55.77 |       | no time |       | 04:00.83 |
|    | <i>00:54.35</i> |          | <i>01:01.42</i> |          |       |         |       |          |
|    | .....           | .....    | .....           | .....    | ..... | .....   | ..... | .....    |

Coach feedback:

**Event number: 3: 200M MEDLEY WOMEN 11+ Heat:1, starttime: 14:33**

**Heat: 1/5 Lane : 5 Athlete: THIERENS CHIARA Q-time: 99:99:99**

**PB (25m pool): no time PB (50m pool): no time SB: no time**

|    | 25 M           | 50 M    | 75 M  | 100     | 125   | 150     | 175   | 200 M   |
|----|----------------|---------|-------|---------|-------|---------|-------|---------|
| PB |                | no time |       | no time |       | no time |       | no time |
|    | <i>no time</i> |         |       |         |       |         |       |         |
|    | .....          | .....   | ..... | .....   | ..... | .....   | ..... | .....   |

Coach feedback:

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|   |                |             |                                     |            |            |            |                                 |              |  |
|---|----------------|-------------|-------------------------------------|------------|------------|------------|---------------------------------|--------------|--|
| <b>Event number: 3: 200M MEDLEY WOMEN 11+</b>     |                |             |                                     |            |            |            | <b>Heat:2, starttime: 14:38</b> |              |  |
| <b>Heat: 2/5 Lane : 3 Athlete: PEETROONS ZENA</b> |                |             |                                     |            |            |            | <b>Q-time: 03:29:68</b>         |              |  |
| PB (25m pool): no time                            |                |             | PB (50m pool): 03:29.68 SB: no time |            |            |            |                                 |              |  |
|   | <b>25 M</b>    | <b>50 M</b> | <b>75 M</b>                         | <b>100</b> | <b>125</b> | <b>150</b> | <b>175</b>                      | <b>200 M</b> |  |
| PB  |                | no time     |                                     | no time    |            | no time    |                                 | no time      |  |
|   | <i>no time</i> |             |                                     |            |            |            |                                 |              |  |
|   | .....          | .....       | .....                               | .....      | .....      | .....      | .....                           | .....        |  |

Coach feedback:

|  |                 |             |  |            |            |            |                                 |              |  |
|--|-----------------|-------------|--|------------|------------|------------|---------------------------------|--------------|--|
| <b>Event number: 3: 200M MEDLEY WOMEN 11+</b>  |                 |             |  |            |            |            | <b>Heat:2, starttime: 14:38</b> |              |  |
| <b>Heat: 2/5 Lane : 5 Athlete: STEENO LIES</b> |                 |             |  |            |            |            | <b>Q-time: 03:45:50</b>         |              |  |
| PB (25m pool): 03:45.50 Zaventem 08/02/2026    |                 |             | PB (50m pool): 03:43.70 SB: 03:45.50 Zaventem 08/02/2026 |            |            |            |                                 |              |  |
|  | <b>25 M</b>     | <b>50 M</b> | <b>75 M</b>  | <b>100</b> | <b>125</b> | <b>150</b> | <b>175</b>                      | <b>200 M</b> |  |
| PB   |                 | 00:51.82    |  | no time    |            | no time    |                                 | 03:45.50     |  |
|  | <i>00:51.82</i> |             |  |            |            |            |                                 |              |  |
|  | .....           | .....       | .....  | .....      | .....      | .....      | .....                           | .....        |  |

Coach feedback:

|  |                |             |                                    |            |            |            |                                 |              |  |
|--|----------------|-------------|------------------------------------|------------|------------|------------|---------------------------------|--------------|--|
| <b>Event number: 3: 200M MEDLEY WOMEN 11+</b>      |                |             |                                    |            |            |            | <b>Heat:2, starttime: 14:38</b> |              |  |
| <b>Heat: 2/5 Lane : 6 Athlete: ESAKOV ISABELLE</b> |                |             |                                    |            |            |            | <b>Q-time: 99:99:99</b>         |              |  |
| PB (25m pool): no time                             |                |             | PB (50m pool): no time SB: no time |            |            |            |                                 |              |  |
|  | <b>25 M</b>    | <b>50 M</b> | <b>75 M</b>                        | <b>100</b> | <b>125</b> | <b>150</b> | <b>175</b>                      | <b>200 M</b> |  |
| PB   |                | no time     |                                    | no time    |            | no time    |                                 | no time      |  |
|  | <i>no time</i> |             |                                    |            |            |            |                                 |              |  |
|  | .....          | .....       | .....                              | .....      | .....      | .....      | .....                           | .....        |  |

Coach feedback:

|  |                 |             |  |              |                                 |  |  |  |
|--|-----------------|-------------|--|--------------|---------------------------------|--|--|--|
| <b>Event number: 4: 100M FREESTYLE MIXED 10-9</b>            |                 |             |  |              | <b>Heat:2, starttime: 14:57</b> |  |  |  |
| <b>Heat: 2/2 Lane : 2 Athlete: GRONDARD VAN SCHAGEN ANNA</b> |                 |             |  |              | <b>Q-time: 01:42:35</b>         |  |  |  |
| PB (25m pool): 01:42.35 Vilvoorde 01/03/2026                 |                 |             | PB (50m pool): no time SB: 01:42.35 Vilvoorde 01/03/2026 |              |                                 |  |  |  |
|  | <b>25 M</b>     | <b>50 M</b> | <b>75 M</b>  | <b>100 M</b> |                                 |  |  |  |
| PB   |                 | 00:46.27    |  | 01:42.35     |                                 |  |  |  |
|  | <i>00:46.27</i> |             | <i>00:56.08</i>  |              |                                 |  |  |  |
|  | .....           | .....       | .....  | .....        |                                 |  |  |  |

Coach feedback:

# CVB BSB 05/26: Session: 4: COACH evaluation sheet for TEAM: ZORO

|   |             |             |  |  |  |
|---|-------------|-------------|--|--|--|
| <b>Event number: 5: 50M BACKSTROKE MEN 11+</b>      |             |             | <b>Heat:2, starttime: 15:02</b>                        |  |  |
| <b>Heat: 2/6 Lane : 1 Athlete: DEMESMAEKER ALEX</b> |             |             | <b>Q-time: 00:48:85</b>                                |  |  |
| PB (25m pool): 00:48.85 Dilbeek 28/09/2025          |             |             | PB (50m pool): no time SB: 00:48.85 Dilbeek 28/09/2025 |  |  |
|   | <b>25 M</b> | <b>50 M</b> |  |  |  |
| PB  |             | 00:48.85    |  |  |  |
|   | 00:48.85    |             |  |  |  |
|   | .....       | .....       |  |  |  |

Coach feedback:

|  |             |             |  |  |  |
|--|-------------|-------------|--|--|--|
| <b>Event number: 5: 50M BACKSTROKE MEN 11+</b>     |             |             | <b>Heat:2, starttime: 15:02</b>                        |  |  |
| <b>Heat: 2/6 Lane : 2 Athlete: DACUNTO VINCENT</b> |             |             | <b>Q-time: 00:44:63</b>                                |  |  |
| PB (25m pool): 00:44.63 Dilbeek 28/09/2025         |             |             | PB (50m pool): no time SB: 00:44.63 Dilbeek 28/09/2025 |  |  |
|  | <b>25 M</b> | <b>50 M</b> |  |  |  |
| PB   |             | 00:44.63    |  |  |  |
|  | 00:44.63    |             |  |  |  |
|  | .....       | .....       |  |  |  |

Coach feedback:

|   |             |             |                                    |  |  |
|---|-------------|-------------|------------------------------------|--|--|
| <b>Event number: 6: 50M BUTTERFLY WOMEN 11+</b> |             |             | <b>Heat:1, starttime: 15:11</b>    |  |  |
| <b>Heat: 1/5 Lane : 5 Athlete: STEENO LIES</b>  |             |             | <b>Q-time: 99:99:99</b>            |  |  |
| PB (25m pool): no time                          |             |             | PB (50m pool): no time SB: no time |  |  |
|   | <b>25 M</b> | <b>50 M</b> |                                    |  |  |
| PB  |             | no time     |                                    |  |  |
|   | no time     |             |                                    |  |  |
|   | .....       | .....       |                                    |  |  |

Coach feedback:

|  |             |             |             |   |  |
|--|-------------|-------------|-------------|---|--|
| <b>Event number: 8: 100M FREESTYLE MEN 11+</b>     |             |             |             | <b>Heat:2, starttime: 15:38</b>                           |  |
| <b>Heat: 2/8 Lane : 2 Athlete: DACUNTO VINCENT</b> |             |             |             | <b>Q-time: 01:30:60</b>                                   |  |
| PB (25m pool): 01:30.60 Liedekerke 11/11/2025      |             |             |             | PB (50m pool): no time SB: 01:30.60 Liedekerke 11/11/2025 |  |
|  | <b>25 M</b> | <b>50 M</b> | <b>75 M</b> | <b>100 M</b>  |  |
| PB   |             | 00:43.42    |             | 01:30.60  |  |
|  | 00:43.42    |             | 00:47.18    |   |  |
|  | .....       | .....       | .....       | .....   |  |

Coach feedback:

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|   |              |              |  |                                 |  |
|---|--------------|--------------|--|---------------------------------|--|
| <b>Event number: 8: 100M FREESTYLE MEN 11+</b>      |              |              |  | <b>Heat:3, starttime: 15:40</b> |  |
| <b>Heat: 3/8 Lane : 6 Athlete: DEMESMAEKER ALEX</b> |              |              |  | <b>Q-time: 01:24:29</b>         |  |
| PB (25m pool): 01:24.29 Liedekerke 11/11/2025       |              |              | PB (50m pool): 01:18.69 SB: 01:24.29 Liedekerke 11/11/2025 |                                 |  |
|   | <b>2 5 M</b> | <b>5 0 M</b> | <b>7 5 M</b>   | <b>1 0 0 M</b>                  |  |
| PB  |              | 00:38.10     |  | 01:24.29                        |  |
|   |              | 00:38.10     |  | 00:46.19                        |  |
|   | .....        | .....        | .....  | .....                           |  |

Coach feedback:

|  |              |              |  |                                 |  |
|--|--------------|--------------|--|---------------------------------|--|
| <b>Event number: 8: 100M FREESTYLE MEN 11+</b> |              |              |  | <b>Heat:4, starttime: 15:42</b> |  |
| <b>Heat: 4/8 Lane : 3 Athlete: CRAPS LIAM</b>  |              |              |  | <b>Q-time: 01:13:78</b>         |  |
| PB (25m pool): 01:13.78 Zaventem 08/02/2026    |              |              | PB (50m pool): 01:12.51 SB: 01:13.78 Zaventem 08/02/2026 |                                 |  |
|  | <b>2 5 M</b> | <b>5 0 M</b> | <b>7 5 M</b>   | <b>1 0 0 M</b>                  |  |
| PB   |              | 00:34.38     |  | 01:13.78                        |  |
|  |              | 00:34.38     |  | 00:39.40                        |  |
|  | .....        | .....        | .....  | .....                           |  |

Coach feedback:

|   |              |              |  |                                 |  |
|---|--------------|--------------|--|---------------------------------|--|
| <b>Event number: 8: 100M FREESTYLE MEN 11+</b>      |              |              |  | <b>Heat:6, starttime: 15:46</b> |  |
| <b>Heat: 6/8 Lane : 6 Athlete: HEBBELINCK SIMON</b> |              |              |  | <b>Q-time: 01:09:83</b>         |  |
| PB (25m pool): 01:09.83 Zaventem 08/02/2026         |              |              | PB (50m pool): 01:09.53 SB: 01:09.83 Zaventem 08/02/2026 |                                 |  |
|   | <b>2 5 M</b> | <b>5 0 M</b> | <b>7 5 M</b>   | <b>1 0 0 M</b>                  |  |
| PB  |              | 00:34.15     |  | 01:09.83                        |  |
|   |              | 00:34.15     |  | 00:35.68                        |  |
|   | .....        | .....        | .....  | .....                           |  |

Coach feedback:

|  |              |              |   |                                 |  |
|--|--------------|--------------|---|---------------------------------|--|
| <b>Event number: 9: 100M FREESTYLE WOMEN 11+</b> |              |              |   | <b>Heat:3, starttime: 15:57</b> |  |
| <b>Heat: 3/8 Lane : 5 Athlete: STEENO LIES</b>   |              |              |   | <b>Q-time: 01:25:19</b>         |  |
| PB (25m pool): 01:25.19 Tremelo 18/01/2026       |              |              | PB (50m pool): 01:23.15 SB: 01:25.19 Tremelo 18/01/2026 |                                 |  |
|  | <b>2 5 M</b> | <b>5 0 M</b> | <b>7 5 M</b>  | <b>1 0 0 M</b>                  |  |
| PB   |              | 00:40.49     |   | 01:25.19                        |  |
|  |              | 00:40.49     |   | 00:44.70                        |  |
|  | .....        | .....        | .....   | .....                           |  |

Coach feedback:

# CVB BSB 05/26: Session: 4: COACH evaluation sheet for TEAM: ZORO

|  |             |             |   |                                 |  |
|--|-------------|-------------|---|---------------------------------|--|
| <b>Event number: 9: 100M FREESTYLE WOMEN 11+</b>   |             |             |   | <b>Heat:3, starttime: 15:57</b> |  |
| <b>Heat: 3/8 Lane : 6 Athlete: THIERENS CHIARA</b> |             |             |   | <b>Q-time: 01:27:28</b>         |  |
| PB (25m pool): 01:27.28 Zaventem 08/02/2026        |             |             | PB (50m pool): no time SB: 01:27.28 Zaventem 08/02/2026 |                                 |  |
|  | <b>25 M</b> | <b>50 M</b> | <b>75 M</b>   | <b>100 M</b>                    |  |
| PB   |             | 00:41.63    |   | 01:27.28                        |  |
|  | 00:41.63    |             | 00:45.65  |                                 |  |
|  | .....       | .....       | .....   | .....                           |  |

Coach feedback:

|   |             |             |  |                                 |  |
|---|-------------|-------------|--|---------------------------------|--|
| <b>Event number: 9: 100M FREESTYLE WOMEN 11+</b>  |             |             |  | <b>Heat:4, starttime: 15:59</b> |  |
| <b>Heat: 4/8 Lane : 2 Athlete: PEETROONS ZENA</b> |             |             |  | <b>Q-time: 01:21:51</b>         |  |
| PB (25m pool): 01:21.51 Zaventem 08/02/2026       |             |             | PB (50m pool): 01:23.69 SB: 01:21.51 Zaventem 08/02/2026 |                                 |  |
|   | <b>25 M</b> | <b>50 M</b> | <b>75 M</b>  | <b>100 M</b>                    |  |
| PB  |             | 00:37.96    |  | 01:21.51                        |  |
|   | 00:37.96    |             | 00:43.55   |                                 |  |
|   | .....       | .....       | .....  | .....                           |  |

Coach feedback:

|  |             |             |   |                                 |  |
|--|-------------|-------------|---|---------------------------------|--|
| <b>Event number: 9: 100M FREESTYLE WOMEN 11+</b>   |             |             |   | <b>Heat:4, starttime: 15:59</b> |  |
| <b>Heat: 4/8 Lane : 5 Athlete: ESAKOV ISABELLE</b> |             |             |   | <b>Q-time: 01:21:59</b>         |  |
| PB (25m pool): 01:21.59 Tremelo 18/01/2026         |             |             | PB (50m pool): 01:20.84 SB: 01:21.59 Tremelo 18/01/2026 |                                 |  |
|  | <b>25 M</b> | <b>50 M</b> | <b>75 M</b>   | <b>100 M</b>                    |  |
| PB   |             | 00:38.56    |   | 01:21.59                        |  |
|  | 00:38.56    |             | 00:43.03  |                                 |  |
|  | .....       | .....       | .....   | .....                           |  |

Coach feedback:

|  |             |             |  |                                 |  |
|--|-------------|-------------|--|---------------------------------|--|
| <b>Event number: 10: 100M BACKSTROKE MIXED 10-9</b>          |             |             |  | <b>Heat:2, starttime: 16:12</b> |  |
| <b>Heat: 2/3 Lane : 1 Athlete: GRONDARD VAN SCHAGEN ANNA</b> |             |             |  | <b>Q-time: 01:53:54</b>         |  |
| PB (25m pool): 01:53.54 Tremelo 18/01/2026                   |             |             | PB (50m pool): no time SB: 01:53.54 Tremelo 18/01/2026 |                                 |  |
|  | <b>25 M</b> | <b>50 M</b> | <b>75 M</b>  | <b>100 M</b>                    |  |
| PB   |             | 00:54.43    |  | 01:53.54                        |  |
|  | 00:54.43    |             | 00:59.11   |                                 |  |
|  | .....       | .....       | .....  | .....                           |  |

Coach feedback:

# CVB BSB 05/26: Session: 4: COACH evaluation sheet for TEAM: ZORO

|   |             |  |  |
|---|-------------|--|--|
| <b>Event number: 11: 50M BUTTERFLY MEN 11+</b>  |             | <b>Heat:5, starttime: 16:24</b>                            |  |
| <b>Heat: 5/5 Lane : 6 Athlete: OSSé MICHAEL</b> |             | <b>Q-time: 00:30:98</b>                                    |  |
| PB (25m pool): 00:30.98 Liedekerke 01/05/2026   |             | PB (50m pool): 00:31.92 SB: 00:30.98 Liedekerke 01/05/2026 |  |
|   | <b>25 M</b> | <b>50 M</b>  |  |
| PB  |             | 00:30.98   |  |
|   | 00:30.98    |  |  |
|   | .....       | .....  |  |

Coach feedback:

|  |             |                                    |  |
|--|-------------|------------------------------------|--|
| <b>Event number: 12: 50M BACKSTROKE WOMEN 11+</b>  |             | <b>Heat:1, starttime: 16:26</b>    |  |
| <b>Heat: 1/6 Lane : 2 Athlete: ESAKOV ISABELLE</b> |             | <b>Q-time: 99:99:99</b>            |  |
| PB (25m pool): no time                             |             | PB (50m pool): no time SB: no time |  |
|  | <b>25 M</b> | <b>50 M</b>                        |  |
| PB   |             | no time                            |  |
|  | no time     |                                    |  |
|  | .....       | .....                              |  |

Coach feedback:

|   |             |   |  |
|---|-------------|---|--|
| <b>Event number: 12: 50M BACKSTROKE WOMEN 11+</b> |             | <b>Heat:4, starttime: 16:32</b>                         |  |
| <b>Heat: 4/6 Lane : 5 Athlete: PEETROONS ZENA</b> |             | <b>Q-time: 00:42:01</b>                                 |  |
| PB (25m pool): 00:42.01 Dilbeek 28/09/2025        |             | PB (50m pool): 00:39.24 SB: 00:42.01 Dilbeek 28/09/2025 |  |
|   | <b>25 M</b> | <b>50 M</b>   |  |
| PB  |             | 00:42.01  |  |
|   | 00:42.01    |   |  |
|   | .....       | .....   |  |

Coach feedback:

|   |             |             |             |            |                                    |            |            |              |
|---|-------------|-------------|-------------|------------|------------------------------------|------------|------------|--------------|
| <b>Event number: 13: 200M MEDLEY MEN 11+</b>        |             |             |             |            | <b>Heat:1, starttime: 16:37</b>    |            |            |              |
| <b>Heat: 1/5 Lane : 3 Athlete: DEMESMAEKER ALEX</b> |             |             |             |            | <b>Q-time: 99:99:99</b>            |            |            |              |
| PB (25m pool): no time                              |             |             |             |            | PB (50m pool): no time SB: no time |            |            |              |
|   | <b>25 M</b> | <b>50 M</b> | <b>75 M</b> | <b>100</b> | <b>125</b>                         | <b>150</b> | <b>175</b> | <b>200 M</b> |
| PB  |             | no time     |             | no time    |                                    | no time    |            | no time      |
|   | no time     |             |             |            |                                    |            |            |              |
|   | .....       | .....       | .....       | .....      | .....                              | .....      | .....      | .....        |

Coach feedback:

# CVB BSB 05/26: Session: 4: COACH evaluation sheet for TEAM: ZORO

|   |             |             |                                     |            |            |            |                                 |              |  |
|---|-------------|-------------|-------------------------------------|------------|------------|------------|---------------------------------|--------------|--|
| <b>Event number: 13: 200M MEDLEY MEN 11+</b>    |             |             |                                     |            |            |            | <b>Heat:2, starttime: 16:42</b> |              |  |
| <b>Heat: 2/5 Lane : 1 Athlete: OSSé MICHAEL</b> |             |             |                                     |            |            |            | <b>Q-time: 99:99:99</b>         |              |  |
| PB (25m pool): no time                          |             |             | PB (50m pool): 03:30.51 SB: no time |            |            |            |                                 |              |  |
|   | <b>25 M</b> | <b>50 M</b> | <b>75 M</b>                         | <b>100</b> | <b>125</b> | <b>150</b> | <b>175</b>                      | <b>200 M</b> |  |
| PB  |             | no time     |                                     | no time    |            | no time    |                                 | no time      |  |
|   | no time     |             |                                     |            |            |            |                                 |              |  |
|   | .....       | .....       | .....                               | .....      | .....      | .....      | .....                           | .....        |  |

Coach feedback:

|  |             |             |                                    |            |            |            |                                 |              |  |
|--|-------------|-------------|------------------------------------|------------|------------|------------|---------------------------------|--------------|--|
| <b>Event number: 13: 200M MEDLEY MEN 11+</b>       |             |             |                                    |            |            |            | <b>Heat:2, starttime: 16:42</b> |              |  |
| <b>Heat: 2/5 Lane : 5 Athlete: DACUNTO VINCENT</b> |             |             |                                    |            |            |            | <b>Q-time: 99:99:99</b>         |              |  |
| PB (25m pool): no time                             |             |             | PB (50m pool): no time SB: no time |            |            |            |                                 |              |  |
|  | <b>25 M</b> | <b>50 M</b> | <b>75 M</b>                        | <b>100</b> | <b>125</b> | <b>150</b> | <b>175</b>                      | <b>200 M</b> |  |
| PB   |             | no time     |                                    | no time    |            | no time    |                                 | no time      |  |
|  | no time     |             |                                    |            |            |            |                                 |              |  |
|  | .....       | .....       | .....                              | .....      | .....      | .....      | .....                           | .....        |  |

Coach feedback:

|  |             |             |  |            |            |            |                                 |              |  |
|--|-------------|-------------|--|------------|------------|------------|---------------------------------|--------------|--|
| <b>Event number: 14: 200M BREASTSTROKE WOMEN 11+</b> |             |             |  |            |            |            | <b>Heat:3, starttime: 17:07</b> |              |  |
| <b>Heat: 3/5 Lane : 3 Athlete: THIERENS CHIARA</b>   |             |             |  |            |            |            | <b>Q-time: 03:40:44</b>         |              |  |
| PB (25m pool): 03:40.44 Tremelo 18/01/2026           |             |             | PB (50m pool): no time SB: 03:40.44 Tremelo 18/01/2026 |            |            |            |                                 |              |  |
|  | <b>25 M</b> | <b>50 M</b> | <b>75 M</b>  | <b>100</b> | <b>125</b> | <b>150</b> | <b>175</b>                      | <b>200 M</b> |  |
| PB   |             | 00:50.37    |  | 01:46.29   |            | no time    |                                 | 03:40.44     |  |
|  | 00:50.37    |             | 00:55.92   |            |            |            |                                 |              |  |
|  | .....       | .....       | .....  | .....      | .....      | .....      | .....                           | .....        |  |

Coach feedback: