

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Gijsemans Liesbet

Coaches: De Herdt Els HEADCOACH

Coaches: Jacob Sven

Coaches: De Herdt An

Coaches: Vanuytven Diane

Coaches: De Weerdt Koen

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:8, starttime: 09:19

Heat: 8/15 Lane : 5 Athlete: VAN BREEDAM LENA Q-time: 01:34:58

PB (50m pool): 01:41.30 Mol 22/06/2025 PB (25m pool): 01:34.58 SB: no time

| | 50 M | 100 M | |
|----|-----------|-----------|--|
| PB | 00:47.62 | 01:41.30 | |
| | 00:47.62 | 00:53.68 | |
| | | | |

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:8, starttime: 09:19

Heat: 8/15 Lane : 6 Athlete: SARMI SOFIA Q-time: 01:35:62

PB (50m pool): 01:42.82 Mol 22/06/2025 PB (25m pool): 01:35.62 SB: 01:42.88 Wezenberg 04/01/2026

| | 50 M | 100 M | |
|----|-----------|-----------|--|
| PB | 00:48.37 | 01:42.82 | |
| | 00:48.37 | 00:54.45 | |
| | | | |

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+ Heat:9, starttime: 09:21

Heat: 9/15 Lane : 5 Athlete: GERAEDTS MARIA Q-time: 01:33:54

PB (50m pool): 01:38.74 Wezenberg 04/01/2026 PB (25m pool): 01:33.54 SB: 01:38.74 Wezenberg 04/01/2026

| | 50 M | 100 M | |
|----|-----------|-----------|--|
| PB | 00:47.05 | 01:38.74 | |
| | 00:47.05 | 00:51.69 | |
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Coach feedback:

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| Event number: 1: 100M BREASTSTROKE WOMEN 11+ | | | Heat:10, starttime: 09:23 |
|---|-----------|-----------|---|
| Heat: 10/15 Lane : 5 Athlete: VERHOEVEN LIESE | | | Q-time: 01:31:13 |
| PB (50m pool): 01:34.11 Antwerpen 13/07/2025 | | | PB (25m pool): 01:31.13 SB: 01:37.11 Wezenberg 03/01/2026 |
| | 5 0 M | 1 0 0 M | |
| PB | 00:43.74 | 01:34.11 | |
| | 00:43.74 | 00:50.37 | |
| | | | |

Coach feedback:

| Event number: 1: 100M BREASTSTROKE WOMEN 11+ | | | Heat:12, starttime: 09:28 |
|--|-----------|-----------|---|
| Heat: 12/15 Lane : 6 Athlete: DALEMANS NEL | | | Q-time: 01:26:83 |
| PB (50m pool): 01:30.93 Antwerpen 13/07/2025 | | | PB (25m pool): 01:26.83 SB: 01:32.68 Wezenberg 04/01/2026 |
| | 5 0 M | 1 0 0 M | |
| PB | 00:42.80 | 01:30.93 | |
| | 00:42.80 | 00:48.13 | |
| | | | |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE MEN 13+ | | | Heat:1, starttime: 09:37 |
|--|-----------|-----------|---|
| Heat: 1/6 Lane : 1 Athlete: GILLIS BAS | | | Q-time: 01:45:91 |
| PB (50m pool): 01:49.10 Wezenberg 04/01/2026 | | | PB (25m pool): 01:45.91 SB: 01:49.10 Wezenberg 04/01/2026 |
| | 5 0 M | 1 0 0 M | |
| PB | 00:49.52 | 01:49.10 | |
| | 00:49.52 | 00:59.58 | |
| | | | |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE MEN 13+ | | | Heat:1, starttime: 09:37 |
|--|-----------|-----------|---|
| Heat: 1/6 Lane : 3 Athlete: MARIN ALEXANDRU | | | Q-time: 01:32:30 |
| PB (50m pool): 01:32.30 Wezenberg 04/01/2026 | | | PB (25m pool): 01:32.95 SB: 01:32.30 Wezenberg 04/01/2026 |
| | 5 0 M | 1 0 0 M | |
| PB | 00:43.71 | 01:32.30 | |
| | 00:43.71 | 00:48.59 | |
| | | | |

Coach feedback:

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| Event number: 2: 100M BREASTSTROKE MEN 13+ | | | Heat:1, starttime: 09:37 |
|---|-----------|-----------|---|
| Heat: 1/6 Lane : 5 Athlete: VERMEIREN STAN | | | Q-time: 01:32:05 |
| PB (50m pool): 01:34.20 SportinGenk Park 21/04/2025 | | | PB (25m pool): 01:32.05 SB: 01:40.84 Wezenberg 03/01/2026 |
| | 5 0 M | 1 0 0 M | |
| PB | no time | 01:34.20 | |
| | no time | | |
| | | | |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE MEN 13+ | | | Heat:3, starttime: 09:42 |
|--|-----------|-----------|---|
| Heat: 3/6 Lane : 2 Athlete: VERCAMMEN DAAN | | | Q-time: 01:21:62 |
| PB (50m pool): 01:23.76 Wezenberg 03/01/2026 | | | PB (25m pool): 01:21.62 SB: 01:23.76 Wezenberg 03/01/2026 |
| | 5 0 M | 1 0 0 M | |
| PB | 00:39.32 | 01:23.76 | |
| | 00:39.32 | 00:44.44 | |
| | | | |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE MEN 13+ | | | Heat:4, starttime: 09:44 |
|--|-----------|-----------|-------------------------------------|
| Heat: 4/6 Lane : 5 Athlete: SLAETS CAZ | | | Q-time: 01:17:28 |
| PB (50m pool): 01:19.48 Antwerpen 20/04/2025 | | | PB (25m pool): 01:17.28 SB: no time |
| | 5 0 M | 1 0 0 M | |
| PB | 00:37.34 | 01:19.48 | |
| | 00:37.34 | 00:42.14 | |
| | | | |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE MEN 13+ | | | Heat:5, starttime: 09:46 |
|--|-----------|-----------|---|
| Heat: 5/6 Lane : 5 Athlete: MERTENS GERBEN | | | Q-time: 01:12:22 |
| PB (50m pool): 01:17.04 Antwerpen 20/07/2025 | | | PB (25m pool): 01:12.22 SB: 01:17.20 Wezenberg 03/01/2026 |
| | 5 0 M | 1 0 0 M | |
| PB | 00:36.69 | 01:17.04 | |
| | 00:36.69 | 00:40.35 | |
| | | | |

Coach feedback:

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| Event number: 2: 100M BREASTSTROKE MEN 13+ | | | Heat:6, starttime: 09:48 |
|--|-----------|-----------|-------------------------------------|
| Heat: 6/6 Lane : 7 Athlete: WIJSGEER VIKTOR | | | Q-time: 01:08:73 |
| PB (50m pool): 01:12.75 Antwerpen 27/07/2025 | | | PB (25m pool): 01:08.73 SB: no time |
| | 5 0 M | 1 0 0 M | |
| PB | 00:32.82 | 01:12.75 | |
| | 00:32.82 | 00:39.93 | |
| | | | |

Coach feedback:

| Event number: 2: 100M BREASTSTROKE MEN 13+ | | | Heat:6, starttime: 09:48 |
|--|-----------|-----------|---|
| Heat: 6/6 Lane : 8 Athlete: JACOB QINGKUN | | | Q-time: 01:12:13 |
| PB (50m pool): 01:15.83 Wezenberg 03/01/2026 | | | PB (25m pool): 01:12.13 SB: 01:15.83 Wezenberg 03/01/2026 |
| | 5 0 M | 1 0 0 M | |
| PB | 00:35.95 | 01:15.83 | |
| | 00:35.95 | 00:39.88 | |
| | | | |

Coach feedback:

| Event number: 3: 50M BACKSTROKE WOMEN 13+ | | | Heat:1, starttime: 09:50 |
|--|-----------|--|-------------------------------------|
| Heat: 1/8 Lane : 2 Athlete: BOURGUIGNON NENA | | | Q-time: 00:44:95 |
| PB (50m pool): no time | | | PB (25m pool): 00:44.95 SB: no time |
| | 5 0 M | | |
| PB | no time | | |
| | no time | | |
| | | | |

Coach feedback:

| Event number: 3: 50M BACKSTROKE WOMEN 13+ | | | Heat:1, starttime: 09:50 |
|---|-----------|--|-------------------------------------|
| Heat: 1/8 Lane : 6 Athlete: JORIS LINDE | | | Q-time: 00:44:31 |
| PB (50m pool): no time | | | PB (25m pool): 00:44.31 SB: no time |
| | 5 0 M | | |
| PB | no time | | |
| | no time | | |
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Coach feedback:

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|--|--------------|-------------------------------------|
| Event number: 3: 50M BACKSTROKE WOMEN 13+ | | Heat:2, starttime: 09:52 |
| Heat: 2/8 Lane : 3 Athlete: VOLDERS ELLA | | Q-time: 00:39:21 |
| PB (50m pool): 00:41.83 Mol 22/06/2025 | | PB (25m pool): 00:39.21 SB: no time |
| | 5 0 M | |
| PB | 00:41.83 | |
| | 00:41.83 | |
| | | |

Coach feedback:

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|--|--------------|---|
| Event number: 3: 50M BACKSTROKE WOMEN 13+ | | Heat:6, starttime: 10:00 |
| Heat: 6/8 Lane : 5 Athlete: SCHELLEMANS CHARLOTTE | | Q-time: 00:33:40 |
| PB (50m pool): 00:34.41 Antwerpen 20/04/2025 | | PB (25m pool): 00:33.40 SB: 00:35.10 Wezenberg 03/01/2026 |
| | 5 0 M | |
| PB | 00:34.41 | |
| | 00:34.41 | |
| | | |

Coach feedback:

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|--|--------------|-------------------------------------|
| Event number: 4: 50M BACKSTROKE MEN 13+ | | Heat:2, starttime: 10:07 |
| Heat: 2/8 Lane : 6 Athlete: VERSTRAETE PEPIJN | | Q-time: 00:39:06 |
| PB (50m pool): no time | | PB (25m pool): 00:39.06 SB: no time |
| | 5 0 M | |
| PB | no time | |
| | no time | |
| | | |

Coach feedback:

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|--|--------------|-------------------------------------|
| Event number: 4: 50M BACKSTROKE MEN 13+ | | Heat:5, starttime: 10:12 |
| Heat: 5/8 Lane : 6 Athlete: JANSSENS TIJS | | Q-time: 00:31:79 |
| PB (50m pool): 00:32.70 Antwerpen 13/07/2025 | | PB (25m pool): 00:31.79 SB: no time |
| | 5 0 M | |
| PB | 00:32.70 | |
| | 00:32.70 | |
| | | |

Coach feedback:

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| Event number: 4: 50M BACKSTROKE MEN 13+ | | Heat:7, starttime: 10:16 |
|--|-----------|-------------------------------------|
| Heat: 7/8 Lane : 8 Athlete: DOOMEN MARNIX | | Q-time: 00:30:29 |
| PB (50m pool): 00:31.27 Antwerpen 20/04/2025 | | PB (25m pool): 00:30.29 SB: no time |
| | 5 0 M | |
| PB | 00:31.27 | |
| | 00:31.27 | |
| | | |

Coach feedback:

| Event number: 5: 50M BUTTERFLY WOMEN 11+ | | Heat:1, starttime: 10:34 |
|---|-----------|------------------------------------|
| Heat: 1/16 Lane : 5 Athlete: VAN BREEDAM LENA | | Q-time: 99:99:99 |
| PB (50m pool): no time | | PB (25m pool): no time SB: no time |
| | 5 0 M | |
| PB | no time | |
| | no time | |
| | | |

Coach feedback:

| Event number: 5: 50M BUTTERFLY WOMEN 11+ | | Heat:7, starttime: 10:44 |
|--|-----------|---|
| Heat: 7/16 Lane : 8 Athlete: VERHOEVEN LIESE | | Q-time: 00:40:56 |
| PB (50m pool): 00:40.56 Antwerpen 13/07/2025 | | PB (25m pool): 00:41.83 SB: 00:43.36 Wezenberg 03/01/2026 |
| | 5 0 M | |
| PB | 00:40.56 | |
| | 00:40.56 | |
| | | |

Coach feedback:

| Event number: 5: 50M BUTTERFLY WOMEN 11+ | | Heat:12, starttime: 10:51 |
|---|-----------|-------------------------------------|
| Heat: 12/16 Lane : 5 Athlete: VAN REETH LIEZE | | Q-time: 00:33:53 |
| PB (50m pool): 00:33.99 Mol 22/06/2025 | | PB (25m pool): 00:33.53 SB: no time |
| | 5 0 M | |
| PB | 00:33.99 | |
| | 00:33.99 | |
| | | |

Coach feedback:

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|--|--------------|----------------------------------|
| Event number: 5: 50M BUTTERFLY WOMEN 11+ | | Heat:16, starttime: 10:56 |
| Heat: 16/16 Lane : 7 Athlete: JACOBS LOTTE | | Q-time: 00:30:82 |
| PB (50m pool): 00:31.22 Antwerpen 27/07/2025 PB (25m pool): 00:30.82 SB: no time | | |
| | 5 0 M | |
| PB | 00:31.22 | |
| | 00:31.22 | |
| | | |

Coach feedback:

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|--|--------------|---------------------------------|
| Event number: 6: 50M BUTTERFLY MEN 13+ | | Heat:1, starttime: 10:57 |
| Heat: 1/10 Lane : 2 Athlete: GILLIS BAS | | Q-time: 00:46:84 |
| PB (50m pool): no time PB (25m pool): 00:46.84 SB: no time | | |
| | 5 0 M | |
| PB | no time | |
| | no time | |
| | | |

Coach feedback:

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|---|--------------|---------------------------------|
| Event number: 6: 50M BUTTERFLY MEN 13+ | | Heat:1, starttime: 10:57 |
| Heat: 1/10 Lane : 5 Athlete: VERMEIREN STAN | | Q-time: 00:41:48 |
| PB (50m pool): 00:41.48 SportinGenk Park 21/04/2025 PB (25m pool): 00:41.62 SB: no time | | |
| | 5 0 M | |
| PB | 00:41.48 | |
| | 00:41.48 | |
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Coach feedback:

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|--|--------------|---------------------------------|
| Event number: 6: 50M BUTTERFLY MEN 13+ | | Heat:2, starttime: 10:59 |
| Heat: 2/10 Lane : 4 Athlete: MARIN ALEXANDRU | | Q-time: 00:36:72 |
| PB (50m pool): 00:37.93 Mol 22/06/2025 PB (25m pool): 00:36.72 SB: no time | | |
| | 5 0 M | |
| PB | 00:37.93 | |
| | 00:37.93 | |
| | | |

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

| Event number: 6: 50M BUTTERFLY MEN 13+ | | | | | | | Heat:3, starttime: 11:00 | | |
|--|-----------|--|--|--|--|--|--------------------------|--|--|
| Heat: 3/10 Lane : 7 Athlete: DE WEERDT BENT | | | | | | | Q-time: 00:35:42 | | |
| PB (50m pool): 00:36.20 Wezenberg 04/01/2026 | | | | PB (25m pool): 00:35.42SB: 00:36.20 Wezenberg 04/01/2026 | | | | | |
| | 5 0 M | | | | | | | | |
| PB | 00:36.20 | | | | | | | | |
| | 00:36.20 | | | | | | | | |
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Coach feedback:

| Event number: 6: 50M BUTTERFLY MEN 13+ | | | | Heat:4, starttime: 11:02 | |
|--|-----------|--|--|-------------------------------------|--|
| Heat: 4/10 Lane : 4 Athlete: WIJSGEER VIKTOR | | | | Q-time: 00:32:52 | |
| PB (50m pool): 00:35.01 Mol 22/06/2025 | | | | PB (25m pool): 00:32.52 SB: no time | |
| | 5 0 M | | | | |
| PB | 00:35.01 | | | | |
| | 00:35.01 | | | | |
| | | | | | |

Coach feedback:

| Event number: 6: 50M BUTTERFLY MEN 13+ | | | | Heat:4, starttime: 11:02 | |
|---|-----------|--|--|-------------------------------------|--|
| Heat: 4/10 Lane : 5 Athlete: MERTENS GERBEN | | | | Q-time: 00:32:61 | |
| PB (50m pool): 00:34.58 Mol 22/06/2025 | | | | PB (25m pool): 00:32.61 SB: no time | |
| | 5 0 M | | | | |
| PB | 00:34.58 | | | | |
| | 00:34.58 | | | | |
| | | | | | |

Coach feedback:

| Event number: 6: 50M BUTTERFLY MEN 13+ | | | | Heat:5, starttime: 11:03 | | | |
|--|-----------|--|--|--|--|--|--|
| Heat: 5/10 Lane : 8 Athlete: SLAETS CAZ | | | | Q-time: 00:31:94 | | | |
| PB (50m pool): 00:32.73 Wezenberg 03/01/2026 | | | | PB (25m pool): 00:31.94SB: 00:32.73 Wezenberg 03/01/2026 | | | |
| | 5 0 M | | | | | | |
| PB | 00:32.73 | | | | | | |
| | 00:32.73 | | | | | | |
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Coach feedback:

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| Event number: 6: 50M BUTTERFLY MEN 13+ | | | | | | | | | | Heat:6, starttime: 11:04 | |
|--|-----------|--|--|--|--|--|--|--|--|-------------------------------------|--|
| Heat: 6/10 Lane : 1 Athlete: JACOB QINGKUN | | | | | | | | | | Q-time: 00:30:35 | |
| PB (50m pool): 00:33.38 Wezenberg 05/01/2025 | | | | | | | | | | PB (25m pool): 00:30.35 SB: no time | |
| | 5 0 M | | | | | | | | | | |
| PB | 00:33.38 | | | | | | | | | | |
| | 00:33.38 | | | | | | | | | | |
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Coach feedback:

| Event number: 6: 50M BUTTERFLY MEN 13+ | | | | | | | | | | Heat:8, starttime: 11:07 | | | | | | | | | | | | | | | | | | | |
|--|-----------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|
| Heat: 8/10 Lane : 6 Athlete: DOOMEN MARNIX | | | | | | | | | | | | | | | | | | | | Q-time: 00:28:53 | | | | | | | | | |
| PB (50m pool): 00:28.65 Antwerpen 27/07/2025 | | | | | | | | | | PB (25m pool): 00:28.53SB: 00:28.76 Wezenberg 03/01/2026 | | | | | | | | | | | | | | | | | | | |
| | 5 0 M | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PB | 00:28.65 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 00:28.65 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 13+ | | | | | | Heat:2, starttime: 11:18 | | |
|---|-----------|-----------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|
| Heat: 2/6 Lane : 2 Athlete: SARMI SOFIA | | | | | | Q-time: 05:37:64 | | |
| PB (50m pool): no time | | | | | | PB (25m pool): 05:37.64 SB: no time | | |
| | 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 | no time | no time | no time | no time | no time | no time | no time | no time |
| | no time | | | | | | | |
| | | | | | | | | |

Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 13+ | | | | | | Heat:2, starttime: 11:18 | | |
|--|-----------|-----------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|
| Heat: 2/6 Lane : 4 Athlete: GERAEDTS MARIA | | | | | | Q-time: 05:30:88 | | |
| PB (50m pool): no time | | | | | | PB (25m pool): 05:30.88 SB: no time | | |
| | 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 | no time | no time | no time | no time | no time | no time | no time | no time |
| | no time | | | | | | | |
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Coach feedback:

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| Event number: 7: 400M FREESTYLE WOMEN 13+ | | | | | | | Heat:3, starttime: 11:25 | |
|---|----------------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/6 Lane : 6 Athlete: DALEMANS NEL | | | | | | | Q-time: 05:18:88 | |
| PB (50m pool): 05:52.90 Antwerpen 14/07/2024 | | | | PB (25m pool): 05:18.88SB: no time | | | | |
| | 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 | no time | no time | no time | no time | no time | no time | no time | 05:52.90 |
| | <i>no time</i> | | | | | | | |
| | | | | | | | | |

Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 13+ | | | | | | | Heat:4, starttime: 11:31 | |
|---|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/6 Lane : 3 Athlete: VOLDERS ELLA | | | | | | | Q-time: 05:07:63 | |
| PB (50m pool): 05:16.18 Antwerpen 20/07/2025 | | | | PB (25m pool): 05:07.63SB: no time | | | | |
| | 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 | 00:35.18 | 01:14.02 | 01:54.80 | 02:35.25 | 03:16.23 | 03:57.03 | 04:38.04 | 05:16.18 |
| | 00:35.18 | 00:38.84 | 00:40.78 | 00:40.45 | 00:40.98 | 00:40.80 | 00:41.01 | 00:38.14 |
| | | | | | | | | |

Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 13+ | | | | | | | Heat:6, starttime: 11:43 | |
|---|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/6 Lane : 8 Athlete: VERDOOD PIP | | | | | | | Q-time: 04:53:97 | |
| PB (50m pool): 04:55.48 Antwerpen 20/07/2025 | | | | PB (25m pool): 04:53.97 SB: no time | | | | |
| | 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 | 00:33.15 | 01:10.07 | 01:48.25 | 02:26.30 | 03:04.39 | 03:42.29 | 04:20.17 | 04:55.48 |
| | 00:33.15 | 00:36.92 | 00:38.18 | 00:38.05 | 00:38.09 | 00:37.90 | 00:37.88 | 00:35.31 |
| | | | | | | | | |

Coach feedback:

| Event number: 8: 400M FREESTYLE MEN 13+ | | | | | | | Heat:4, starttime: 12:08 | |
|--|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/6 Lane : 8 Athlete: VERCAMMEN DAAN | | | | | | | Q-time: 04:56:79 | |
| PB (50m pool): 05:05.00 Mol 22/06/2025 | | | | PB (25m pool): 04:56.79SB: no time | | | | |
| | 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 | 00:34.20 | 01:13.07 | 01:51.99 | 02:31.84 | 03:10.92 | 03:50.40 | 04:28.75 | 05:05.00 |
| | 00:34.20 | 00:38.87 | 00:38.92 | 00:39.85 | 00:39.08 | 00:39.48 | 00:38.35 | 00:36.25 |
| | | | | | | | | |

Coach feedback: