Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Meersschaut Evelyn

Coaches: Huberty Maren

Coaches: Wielandt Pieter

Coaches: Mathys Jana

Coaches: De Noble Naomi

Coaches: De Backer Bart

Coaches: Debrouwere Ise HEADCOACH

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

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:2, starttime: 14:00

Heat: 2/14 Lane : 6 Athlete: AKMAN REZZAN — **Q-time: 01:19:92**

PB (25m pool): 01:19.67 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:21.22 **SB:** 01:19.67 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:38.25		01:19.67	
		00:38.25		*00:41.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:4, starttime: 14:05

Heat: 4/14 Lane : 1 Athlete: DEPESTELE GITTE — **Q-time: 01:15:96**

PB (25m pool): 01:15.96 Eeklo 19/04/2026 **PB (50m pool):** 01:17.93 **SB:** 01:16.34 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.50		01:15.96	
		00:35.50		*00:40.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:4, starttime: 14:05

Heat: 4/14 Lane : 7 Athlete: VAN LOO CHARLOTTE — **Q-time: 01:15:76**

PB (25m pool): 01:10.48 Sint-Amandsberg 27/10/2024 **PB (50m pool):** 01:14.55 **SB:** 01:19.80 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.58		01:10.48	
		00:33.58		*00:36.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:5, starttime: 14:05

Heat: 5/14 Lane : 4 Athlete: VELGHE LAUREN — **Q-time: 01:11:66**

PB (25m pool): 01:11.66 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:12.25 **SB:** 01:11.66 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:34.76		01:11.66	
		00:34.76		*00:36.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:6, starttime: 14:10

Heat: 6/14 Lane : 4 Athlete: RUTTEN LEONIE — **Q-time: 01:10:54**

PB (25m pool): 01:10.29 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:12.35 **SB:** 01:10.29 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:34.31		01:10.29	
		00:34.31		*00:35.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:6, starttime: 14:10

Heat: 6/14 Lane : 7 Athlete: DE BOCK AUDE — **Q-time: 01:11:40**

PB (25m pool): 01:11.40 Eeklo 19/04/2026 **PB (50m pool):** 01:12.90 **SB:** 01:17.64 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:34.22		01:11.40	
		00:34.22		*00:37.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:7, starttime: 14:10

Heat: 7/14 Lane : 4 Athlete: NEIRINCK ANNELIES — **Q-time: 01:09:71**

PB (25m pool): 01:07.88 Temse 22/12/2024 **PB (50m pool):** 01:09.33 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.93		01:07.88	
		00:32.93		*00:34.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:7, starttime: 14:10

Heat: 7/14 Lane : 7 Athlete: NGABO ANNABELLE — **Q-time: 01:10:45**

PB (25m pool): 01:09.94 DENDERMONDE 14/11/2026 **PB (50m pool):** 01:13.30 **SB:** 01:09.94 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100 M	
PB		00:33.69		01:09.94	
		00:33.69		*00:36.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:9, starttime: 14:15

Heat: 9/14 Lane : 1 Athlete: VAN LOO HANNAH — **Q-time: 01:08:50**

PB (25m pool): 01:08.50 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:11.95 **SB:** 01:08.50 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.66		01:08.50	
		00:32.66		*00:35.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:9, starttime: 14:15

Heat: 9/14 Lane : 8 Athlete: MINNOYE YAANA — **Q-time: 01:08:52**

PB (25m pool): 01:08.52 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 01:08.39 **SB:** 01:10.94 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.50		01:08.52	
		00:32.50		*00:36.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M FREESTYLE WOMEN 13+ — Heat:13, starttime: 14:20

Heat: 13/14 Lane : 3 Athlete: DEGRANDE AN — **Q-time: 01:04:92**

PB (25m pool): 01:04.92 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:07.71 **SB:** 01:04.92 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.39		01:04.92	
		00:31.39		*00:33.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Event number: 33: 200M MEDLEY MEN 13+ — Heat:3, starttime: 14:30

Heat: 3/10 Lane : 2 Athlete: GERRITSEN BRUNO — **Q-time: 02:54:95**

PB (25m pool): 03:02.98 Gent 23/02/2025 **PB (50m pool):** 02:54.95 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:44.51		01:30.31		02:19.93		03:02.98
		00:44.51		*00:45.80*		*00:49.62*		*00:43.05*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:3, starttime: 14:30

Heat: 3/10 Lane : 8 Athlete: HOSTE LARS — **Q-time: 02:56:31**

PB (25m pool): 02:56.31 Gent 23/02/2025 **PB (50m pool):** 02:57.29 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.27		01:21.85		02:16.75		02:56.31
		00:40.27		*00:41.58*		*00:54.90*		*00:39.56*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:5, starttime: 14:40

Heat: 5/10 Lane : 6 Athlete: VAN LOO MATHIAS — **Q-time: 02:47:34**

PB (25m pool): 02:44.96 DENDERMONDE 14/11/2026 **PB (50m pool):** 02:56.43 **SB:** 02:44.96 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.23		no time		no time		02:44.96
		00:37.23						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:8, starttime: 14:50

Heat: 8/10 Lane : 5 Athlete: NEYRYNCK TIBO — **Q-time: 02:32:90**

PB (25m pool): 02:32.90 Sinbad 05/10/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.62		no time		no time		02:32.90
		00:30.62						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Event number: 33: 200M MEDLEY MEN 13+ — Heat:9, starttime: 14:50

Heat: 9/10 Lane : 7 Athlete: DEGRANDE LARS — **Q-time: 02:29:34**

PB (25m pool): 02:29.34 EEKLO 04/10/2026 **PB (50m pool):** 02:34.53 **SB:** 02:29.34 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.73		no time		no time		02:29.34
		00:31.73						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:10, starttime: 14:55

Heat: 10/10 Lane : 3 Athlete: SLOS ROBBIE — **Q-time: 02:24:29**

PB (25m pool): 02:23.71 T ROSCO 20/10/2024 **PB (50m pool):** 02:30.45 **SB:** 02:24.29 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.39		01:08.91		01:50.18		02:23.71
		00:31.39		*00:37.52*		*00:41.27*		*00:33.53*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 200M MEDLEY MEN 13+ — Heat:10, starttime: 14:55

Heat: 10/10 Lane : 4 Athlete: VAN RAEMDONCK CAMU — **Q-time: 02:19:98**

PB (25m pool): 02:19.98 EEKLO 04/10/2026 **PB (50m pool):** 02:23.52 **SB:** 02:19.98 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.41		no time		no time		02:19.98
		00:30.41						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:2, starttime: 15:00

Heat: 2/11 Lane : 6 Athlete: VAN LAETHEM ALEXIS — **Q-time: 01:40:20**

PB (25m pool): 01:43.35 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 01:40.20 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.17		01:43.35	
		00:50.17		*00:53.18*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:3, starttime: 15:05

Heat: 3/11 Lane : 6 Athlete: BOON MARGOT — **Q-time: 01:35:62**

PB (25m pool): 01:35.62 Durmehal 27/09/2026 **PB (50m pool):** 01:41.23 **SB:** 01:35.62 Durmehal 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:46.94		01:35.62	
		00:46.94		*00:48.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:5, starttime: 15:10

Heat: 5/11 Lane : 3 Athlete: WALGRAEVE AXELLE — **Q-time: 01:30:98**

PB (25m pool): 01:30.98 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 01:30.98 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.64		01:30.98	
		00:43.64		*00:47.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:6, starttime: 15:10

Heat: 6/11 Lane : 4 Athlete: VAN DEN BRULLE MANE — **Q-time: 01:29:20**

PB (25m pool): 01:29.20 BEERNEM 19/09/2026 **PB (50m pool):** 01:30.81 **SB:** 01:29.20 BEERNEM 19/09/2026

	25 M	50 M	75 M	100 M	
PB		00:43.00		01:29.20	
		00:43.00		*00:46.20*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:6, starttime: 15:10

Heat: 6/11 Lane : 8 Athlete: HERREGODS INE — **Q-time: 01:30:55**

PB (25m pool): 01:30.55 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:35.90 **SB:** 01:30.55 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:43.06		01:30.55	
		00:43.06		*00:47.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:7, starttime: 15:15

Heat: 7/11 Lane : 4 Athlete: BAEYENS EMKE — **Q-time: 01:27:62**

PB (25m pool): 01:27.62 BEERNEM 19/09/2026 **PB (50m pool):** 01:31.61 **SB:** 01:27.62 BEERNEM 19/09/2026

	25 M	50 M	75 M	100 M	
PB		00:43.10		01:27.62	
		00:43.10		*00:44.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:9, starttime: 15:20

Heat: 9/11 Lane : 8 Athlete: VAN CAENEGEM FIEN — **Q-time: 01:25:78**

PB (25m pool): 01:25.78 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:29.99 **SB:** 01:25.78 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.43		01:25.78	
		00:41.43		*00:44.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 100M BACKSTROKE WOMEN 11-12 — Heat:10, starttime: 15:20

Heat: 10/11 Lane : 6 Athlete: BRUNET MAXIME — **Q-time: 01:24:15**

PB (25m pool): 01:24.15 EEKLO 04/10/2026 **PB (50m pool):** 01:27.91 **SB:** 01:24.15 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.00		01:24.15	
		00:41.00		*00:43.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:2, starttime: 15:30

Heat: 2/7 Lane : 7 Athlete: COSYN MATS — **Q-time: 03:32:66**

PB (25m pool): 03:19.15 DENDERMONDE 14/11/2026 **PB (50m pool):** 03:32.66 **SB:** 03:19.15 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.19		no time		no time		03:19.15
		00:46.19						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:4, starttime: 15:40

Heat: 4/7 Lane : 8 Athlete: HELSKENS LEX — **Q-time: 03:20:56**

PB (25m pool): 03:20.56 Temse 31/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:49.94		01:33.55		02:34.06		03:20.56
		00:49.94		*00:43.61*		*01:00.51*		*00:46.50*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:5, starttime: 15:40

Heat: 5/7 Lane : 5 Athlete: MATAIGNE MICHEL — **Q-time: 03:12:15**

PB (25m pool): 03:02.61 DENDERMONDE 14/11/2026 **PB (50m pool):** 03:12.15 **SB:** 03:02.61 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.27		no time		no time		03:02.61
		00:43.27						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 200M MEDLEY MEN 11-12 — Heat:6, starttime: 15:45

Heat: 6/7 Lane : 6 Athlete: COESSENS KOBE — **Q-time: 03:07:49**

PB (25m pool): 03:05.73 DENDERMONDE 14/11/2026 **PB (50m pool):** 03:08.12 **SB:** 03:05.73 DENDERMONDE 14/11/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.96		no time		no time		03:05.73
		00:42.96						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ — Heat:2, starttime: 15:55

Heat: 2/9 Lane : 1 Athlete: DEPESTELE GITTE — **Q-time: 00:44:05**

PB (25m pool): 00:44.05 DENDERMONDE 14/11/2026 **PB (50m pool):** no time **SB:** 00:44.05 DENDERMONDE 14/11/2026

	25 M	50 M	
PB		00:44.05	
		00:44.05	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Event number: 36: 50M BACKSTROKE WOMEN 13+ Heat:2, starttime: 15:55

Heat: 2/9 Lane : 4 Athlete: DE BOCK AUDE **Q-time: 00:41:80**

PB (25m pool): 00:41.80 WAREGEM 27/09/2025 **PB (50m pool):** 00:45.79 **SB:** 00:44.42 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:41.80	
		00:41.80	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ Heat:3, starttime: 15:55

Heat: 3/9 Lane : 3 Athlete: VAN LOO CHARLOTTE **Q-time: 00:40:60**

PB (25m pool): 00:40.50 Temse 18/02/2024 **PB (50m pool):** 00:40.60 **SB:** 00:42.25 DENDERMONDE 14/11/2026

	25 M	50 M	
PB		00:40.50	
		00:40.50	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ Heat:5, starttime: 16:00

Heat: 5/9 Lane : 1 Athlete: VELGHE LAUREN **Q-time: 00:38:35**

PB (25m pool): 00:38.35 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 00:38.35 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:38.35	
		00:38.35	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ Heat:7, starttime: 16:05

Heat: 7/9 Lane : 5 Athlete: MINNOYE YAANA **Q-time: 00:35:69**

PB (25m pool): 00:35.48 Nijlen 17/11/2024 **PB (50m pool):** 00:37.38 **SB:** 00:36.05 EEKLO 04/10/2026

	25 M	50 M	
PB		00:35.48	
		00:35.48	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Herfstcriterium 2026: Session: 6: COACH evaluation sheet for TEAM: FIRST

Event number: 36: 50M BACKSTROKE WOMEN 13+ Heat:8, starttime: 16:05

Heat: 8/9 Lane : 2 Athlete: NEIRINCK ANNELIES **Q-time: 00:35:05**

PB (25m pool): 00:35.12 Nijlen 19/11/2023 **PB (50m pool):** 00:35.05 **SB:** 00:36.17 DENDERMONDE 14/11/2026

	25M	50M	
PB		00:35.12	
		00:35.12	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 36: 50M BACKSTROKE WOMEN 13+ Heat:9, starttime: 16:05

Heat: 9/9 Lane : 6 Athlete: DEGRANDE AN **Q-time: 00:33:63**

PB (25m pool): 00:33.63 Temse 21/12/2025 **PB (50m pool):** 00:36.15 **SB:** 00:33.95 EEKLO 04/10/2026

	25M	50M	
PB		00:33.63	
		00:33.63	
	. . : . . : . .	. . : . . : . .	

Coach feedback: