

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bijloos Annie

Coaches: Moreels Barbara HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15-18

Heat:1, starttime: 08:30

Heat: 1/5 Lane : 4 Athlete: VAN DEN BREMT SARAH

Q-time: 04:47:86

PB (50m pool): 04:47.86 Antwerpen 27/07/2025

PB (25m pool): 04:44.74 SB: 04:48.37 Sportoase De Watermolen 24/05/2025

	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	00:32.38	01:07.63	01:44.11	02:20.92	02:58.52	03:35.88	04:13.25	04:47.86
	00:32.38	00:35.25	00:36.48	00:36.81	00:37.60	00:37.36	00:37.37	00:34.61
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+

Heat:10, starttime: 09:30

Heat: 10/16 Lane : 7 Athlete: CORNELIS ENID

Q-time: 00:33:21

PB (50m pool): 00:31.48 ANTWERPEN 30/07/2023

PB (25m pool): 00:31.04 SB: 00:33.59 Antwerpen 22/03/2026

	5 0 M	
PB	00:31.48	
	00:31.48	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+

Heat:11, starttime: 09:31

Heat: 11/16 Lane : 7 Athlete: VAN DEN BREMT SARAH

Q-time: 00:33:03

PB (50m pool): 00:33.03 Aalst 26/04/2026

PB (25m pool): 00:32.07 SB: 00:33.03 Aalst 26/04/2026

	5 0 M	
PB	00:33.03	
	00:33.03	
		

Coach feedback:

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 4: 400M MEDLEY MEN 15-18							Heat:1, starttime: 09:40	
Heat: 1/5 Lane : 5 Athlete: POPPE WARRE							Q-time: 05:22:30	
PB (50m pool): 05:22.30 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 05:15.73 SB: 05:22.30 Lago Gent Rozebroeken 03/05/2026								
	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	00:35.49	01:17.55	01:58.55	02:38.13	03:23.56	04:09.42	04:46.66	05:22.30
	00:35.49	00:42.06	00:41.00	00:39.58	00:45.43	00:45.86	00:37.24	00:35.64
								

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18							Heat:2, starttime: 09:46	
Heat: 2/5 Lane : 1 Athlete: VAN DEN BREMT MATHIAS							Q-time: 05:21:25	
PB (50m pool): 05:21.25 Sportoase De Watermolen 24/05/2026 PB (25m pool): 05:15.40SB: 05:21.25 Sportoase De Watermolen 24/05/2026								
	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	00:33.72	01:13.82	01:54.63	02:34.91	03:22.53	04:11.19	04:47.20	05:21.25
	00:33.72	00:40.10	00:40.81	00:40.28	00:47.62	00:48.66	00:36.01	00:34.05
								

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+										Heat:2, starttime: 11:17	
Heat: 2/4 Lane : 1 Athlete: VAN DEN BREMT SARAH										Q-time: 02:36:88	
PB (50m pool): 02:36.88 Antwerpen 27/07/2025										PB (25m pool): 02:35.66 SB: 02:37.17 Antwerpen 22/03/2026	
	5 0 M		1 0 0 M		1 5 0 M		2 0 0 M				
PB	00:33.77		01:13.73		01:55.21		02:36.88				
	00:33.77		00:39.96		00:41.48		00:41.67				
											

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+										Heat:6, starttime: 11:36	
Heat: 6/12 Lane : 7 Athlete: VERHULST LENNERT										Q-time: 01:12:17	
PB (50m pool): 01:12.17 Antwerpen 22/03/2026										PB (25m pool): 01:08.87 SB: 01:12.17 Antwerpen 22/03/2026	
	5 0 M		1 0 0 M								
PB	00:33.37		01:12.17								
	00:33.37		00:38.80								
											

Coach feedback:

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: AZL

Event number: 8: 100M BREASTSTROKE MEN 15+							Heat:7, starttime: 11:38			
Heat: 7/12 Lane : 6 Athlete: VERHULST MEINDERT							Q-time: 01:11:30			
PB (50m pool): 01:11.30 Antwerpen 08/03/2026				PB (25m pool): 01:10.46SB: 01:11.30 Antwerpen 08/03/2026						
	5 0 M		1 0 0 M							
PB	00:32.99		01:11.30							
	00:32.99		00:38.31							
										

Coach feedback:

Event number: 12: 1500M FREESTYLE MEN 15-16							Heat:1, starttime: 12:42	
Heat: 1/2 Lane : 6 Athlete: VAN DEN BREMT MATHIAS							Q-time: 18:30:64	
PB (50m pool): 18:30.64 Antwerpen 20/07/2025			PB (25m pool): 18:21.25SB: 18:58.11 Kortrijk 15/02/2026					
	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	00:32.27	01:08.13	01:44.15	02:20.89	02:56.75	03:33.45	04:09.89	04:46.64
	00:32.27	00:35.86	00:36.02	00:36.74	00:35.86	00:36.70	00:36.44	00:36.75
								

	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	05:22.92	06:00.10	06:37.01	07:14.09	07:50.74	08:27.99	09:05.32	09:42.74
	00:36.28	00:37.18	00:36.91	00:37.08	00:36.65	00:37.25	00:37.33	00:37.42
								

	850 M	900 M	950 M	1000 M	1050 M	1100 M	1150 M	1200 M
PB	10:19.72	10:57.51	11:35.00	12:12.73	12:50.29	13:28.22	14:06.14	14:44.59
	00:36.98	00:37.79	00:37.49	00:37.73	00:37.56	00:37.93	00:37.92	00:38.45
								

	1150 M	1300 M	1350 M	1400 M	1450 M	1500 M	
PB	15:22.70	16:01.01	16:38.47	17:16.73	17:53.96	18:30.64	
	00:38.11	00:38.31	00:37.46	00:38.26	00:37.23	00:36.68	
							

Coach feedback: