

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

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

Coaches: Mentens Nele HEADCOACH

PB => Personal Best time

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

Event number: 3: 50M BACKSTROKE WOMEN 15+						Heat:1, starttime: 09:15		
Heat: 1/16 Lane : 2 Athlete: KERCKHOFS NIENTKE						Q-time: 00:35:36		
PB (50m pool): 00:35.36 Antwerpen 15/03/2026						PB (25m pool): 00:34.32 SB: 00:35.36 Antwerpen 15/03/2026		
	5 0 M							
PB	00:35.36							
	00:35.36							
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+						Heat:9, starttime: 09:28		
Heat: 9/16 Lane : 7 Athlete: VANDERLINDEN PAULIEN						Q-time: 00:33:38		
PB (50m pool): 00:33.38 Zwembad Brigitte Becue 30/05/2025						PB (25m pool): 00:31.73 SB: 00:33.47 Antwerpen 08/03/2026		
	5 0 M							
PB	00:33.38							
	00:33.38							
								

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18						Heat:3, starttime: 09:52		
Heat: 3/5 Lane : 7 Athlete: VAN HOOFF COBE						Q-time: 05:11:68		
PB (50m pool): 05:11.68 Antwerpen 27/07/2025						PB (25m pool): 05:03.25 SB: 05:17.36 Antwerpen 08/03/2026		
	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	00:32.20	01:11.45	01:52.04	02:31.73	03:15.73	04:01.35	04:37.19	05:11.68
	00:32.20	00:39.25	00:40.59	00:39.69	00:44.00	00:45.62	00:35.84	00:34.49
								

Coach feedback:

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

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:1, starttime: 10:09
Heat: 1/9 Lane : 5 Athlete: VANDERLINDEN PAULIEN					Q-time: 03:00:79
PB (50m pool): 03:00.79 Antwerpen 20/07/2025					PB (25m pool): 02:58.06 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.80	01:27.36	02:14.14	03:00.79	
	00:40.80	00:46.56	00:46.78	00:46.65	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:4, starttime: 11:33
Heat: 4/12 Lane : 3 Athlete: VAN HOOFF COBE					Q-time: 01:13:04
PB (50m pool): 01:13.04 Antwerpen 08/03/2026					PB (25m pool): 01:11.01 SB: 01:13.04 Antwerpen 08/03/2026
	5 0 M	1 0 0 M			
PB	00:33.54	01:13.04			
	00:33.54	00:39.50			
					

Coach feedback: