

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

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

Coaches: Melders Peter

Coaches: Jansen Goele 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 : 6 Athlete: WEVERS GITTE Q-time: 04:52:28

PB (50m pool): 04:52.28 Antwerpen 19/04/2026 PB (25m pool): 04:42.93 SB: 04:52.28 Antwerpen 19/04/2026

	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	00:32.29	01:08.52	01:45.78	02:22.93	03:01.17	03:39.13	04:17.03	04:52.28
	00:32.29	00:36.23	00:37.26	00:37.15	00:38.24	00:37.96	00:37.90	00:35.25
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+ Heat:1, starttime: 08:57

Heat: 1/12 Lane : 5 Athlete: EVENS VINCE Q-time: 01:04:87

PB (50m pool): 01:04.87 Antwerpen 15/03/2026 PB (25m pool): 01:03.96 SB: 01:04.87 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:30.70	01:04.87	
	00:30.70	00:34.17	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+ Heat:2, starttime: 08:58

Heat: 2/12 Lane : 7 Athlete: METTEN VINCE Q-time: 01:04:67

PB (50m pool): 01:04.67 Eindhoven 28/06/2026 PB (25m pool): 01:03.61 SB: 01:04.67 Eindhoven 28/06/2026

	5 0 M	1 0 0 M	
PB	00:30.25	01:04.67	
	00:30.25	00:34.42	
			

Coach feedback:

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

Event number: 2: 100M BUTTERFLY MEN 15+							Heat:3, starttime: 09:00		
Heat: 3/12 Lane : 1 Athlete: EVENS MATS							Q-time: 01:03:69		
PB (50m pool): 01:03.69 Eindhoven 28/06/2026				PB (25m pool): 01:02.01SB: 01:03.69 Eindhoven 28/06/2026					
	5 0 M		1 0 0 M						
PB	00:29.29		01:03.69						
	00:29.29		00:34.40						
									

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+							Heat:2, starttime: 09:17		
Heat: 2/16 Lane : 2 Athlete: BOUSSON JULIE							Q-time: 00:35:02		
PB (50m pool): 00:35.02 Antwerpen 19/04/2026							PB (25m pool): 00:34.74SB: 00:35.02 Antwerpen 19/04/2026		
	5 0 M								
PB	00:35.02								
	00:35.02								
									

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:3, starttime: 10:16
Heat: 3/9 Lane : 8 Athlete: LAMBRIGHTS GITTE				Q-time: 02:57:95	
PB (50m pool): 02:57.95 Antwerpen 19/04/2026			PB (25m pool): 03:18.79SB: 02:57.95 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.81	01:25.61	02:11.57	02:57.95	
	00:39.81	00:45.80	00:45.96	00:46.38	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:2, starttime: 10:44
Heat: 2/10 Lane : 1 Athlete: TIELEN SANDER				Q-time: 02:28:68	
PB (50m pool): 02:28.68 Antwerpen 19/04/2026			PB (25m pool): 02:22.47 SB: 02:28.68 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.60	01:12.11	01:51.13	02:28.68	
	00:34.60	00:37.51	00:39.02	00:37.55	
					

Coach feedback:

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Event number: 6: 200M BACKSTROKE MEN 15+					Heat:2, starttime: 10:44
Heat: 2/10 Lane : 8 Athlete: EVENS VINCE					Q-time: 02:28:84
PB (50m pool): 02:28.84 Antwerpen 20/07/2025					PB (25m pool): 02:25.19 SB: 02:30.66 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.23	01:13.25	01:52.28	02:28.84	
	00:35.23	00:38.02	00:39.03	00:36.56	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:8, starttime: 11:04
Heat: 8/10 Lane : 8 Athlete: VEESTRAETEN MATS					Q-time: 02:17:87
PB (50m pool): 02:17.87 Antwerpen 27/07/2025					PB (25m pool): 02:14.17 SB: 02:21.62 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.33	01:07.34	01:42.82	02:17.87	
	00:32.33	00:35.01	00:35.48	00:35.05	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:2, starttime: 11:29
Heat: 2/12 Lane : 3 Athlete: DAEMEN JUUL					Q-time: 01:15:29
PB (50m pool): 01:15.29 Antwerpen 19/04/2026					PB (25m pool): 01:12.99 SB: 01:15.29 Antwerpen 19/04/2026
	5 0 M	1 0 0 M			
PB	00:34.70	01:15.29			
	00:34.70	00:40.59			
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:9, starttime: 11:41
Heat: 9/12 Lane : 4 Athlete: ORIS TIM					Q-time: 01:09:30
PB (50m pool): 01:09.21 Antwerpen 21/04/2024					PB (25m pool): 01:06.48 SB: 01:09.88 Eindhoven 28/06/2026
	5 0 M	1 0 0 M			
PB	no time	01:09.21			
	no time				
					

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+				Heat:11, starttime: 11:44			
Heat: 11/12 Lane : 3 Athlete: METTEN VINCE				Q-time: 01:05:47			
PB (50m pool): 01:05.47 Antwerpen 22/03/2026				PB (25m pool): 01:04.56 SB: 01:05.47 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M					
PB	00:30.70	01:05.47					
	00:30.70	00:34.77					
							

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+				Heat:6, starttime: 12:06			
Heat: 6/15 Lane : 2 Athlete: EVENS MATS				Q-time: 00:25:67			
PB (50m pool): 00:25.57 Eindhoven 28/06/2026				PB (25m pool): 00:25.18 SB: 00:25.57 Eindhoven 28/06/2026			
	5 0 M						
PB	00:25.57						
	00:25.57						
							

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+				Heat:8, starttime: 12:08			
Heat: 8/15 Lane : 5 Athlete: ORIS TIM				Q-time: 00:25:42			
PB (50m pool): 00:25.13 Antwerpen 28/07/2024				PB (25m pool): 00:24.38 SB: 00:25.57 Antwerpen 17/05/2026			
	5 0 M						
PB	00:25.13						
	00:25.13						
							

Coach feedback:

Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:3, starttime: 12:27	
Heat: 3/5 Lane : 7 Athlete: TEAM DMB 1							Q-time: 04:30:81	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback:

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Event number: 12: 1500M FREESTYLE MEN 15-16							Heat:1, starttime: 12:42	
Heat: 1/2 Lane : 5 Athlete: TIELEN SANDER							Q-time: 17:58:54	
PB (50m pool): 17:58.54 Antwerpen 20/07/2025				PB (25m pool): 18:22.81SB: 18:30.20 Antwerpen 26/10/2025				
	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	00:30.92	01:06.10	01:42.39	02:18.60	02:54.89	03:30.86	04:07.31	04:43.21
	00:30.92	00:35.18	00:36.29	00:36.21	00:36.29	00:35.97	00:36.45	00:35.90
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:19.59	05:55.35	06:32.06	07:08.11	07:44.42	08:20.71	08:57.30	09:33.07
	00:36.38	00:35.76	00:36.71	00:36.05	00:36.31	00:36.29	00:36.59	00:35.77
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	10:09.71	10:45.83	11:22.27	11:58.52	12:34.85	13:10.82	13:47.65	14:23.71
	00:36.64	00:36.12	00:36.44	00:36.25	00:36.33	00:35.97	00:36.83	00:36.06
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	15:00.45	15:36.50	16:13.15	16:49.16	17:25.18	17:58.54		
	00:36.74	00:36.05	00:36.65	00:36.01	00:36.02	00:33.36		
								

Coach feedback: