

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

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

Coaches: Melis Tom

PB => Personal Best time

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

Event number: 3: 50M BACKSTROKE WOMEN 15+							Heat:8, starttime: 09:26		
Heat: 8/16 Lane : 1 Athlete: VAN BOCKSTAL YOANNA							Q-time: 00:33:63		
PB (50m pool): 00:33.63 Brugge 25/01/2026				PB (25m pool): 00:32.45SB: 00:33.63 Brugge 25/01/2026					
	5 0 M								
PB	00:33.63								
	00:33.63								
									

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18							Heat:2, starttime: 09:46	
Heat: 2/5 Lane : 3 Athlete: KEUSTERMANS LARD							Q-time: 05:14:34	
PB (50m pool): 05:14.34 Mol 28/06/2026			PB (25m pool): 05:23.00SB: 05:14.34 Mol 28/06/2026					
	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	00:34.18	01:14.61	01:58.54	02:38.24	03:20.94	04:04.09	04:40.09	05:14.34
	00:34.18	00:40.43	00:43.93	00:39.70	00:42.70	00:43.15	00:36.00	00:34.25
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:9, starttime: 10:37	
Heat: 9/9 Lane : 6 Athlete: WILLAERT AYLA					Q-time: 02:43:41	
PB (50m pool): 02:42.62 Antwerpen 28/07/2024			PB (25m pool): 02:39.40SB: 02:43.41 Antwerpen 17/05/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	02:42.62		
	no time					
						

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+			Heat:9, starttime: 11:41
Heat: 9/12 Lane : 1 Athlete: OST RYAN			Q-time: 01:09:59
PB (50m pool): 01:09.59 Antwerpen 17/05/2026			PB (25m pool): 01:10.77 SB: 01:09.59 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:33.12	01:09.59	
	00:33.12	00:36.47	
			

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+			Heat:8, starttime: 11:55
Heat: 8/13 Lane : 6 Athlete: WILLAERT AYLA			Q-time: 00:28:18
PB (50m pool): 00:27.36 Antwerpen 28/07/2024			PB (25m pool): 00:27.03 SB: 00:28.28 Brugge 25/01/2026
	5 0 M		
PB	00:27.36		
	00:27.36		
			

Coach feedback: