

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

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

Coaches: Destoop Jens

PB => Personal Best time

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

Event number: 3: 50M BACKSTROKE WOMEN 15+		Heat:2, starttime: 09:17
Heat: 2/16 Lane : 7 Athlete: VAN HOUCKE IMKE		Q-time: 00:35:14
PB (50m pool): 00:35.14 Kortrijk 15/02/2026		PB (25m pool): 00:34.44 SB: 00:35.14 Kortrijk 15/02/2026
	5 0 M	
PB	00:35.14	
	00:35.14	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+		Heat:3, starttime: 09:19
Heat: 3/16 Lane : 5 Athlete: DERAEDT TILLE		Q-time: 00:34:65
PB (50m pool): 00:34.65 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:33.21 SB: 00:34.95 Lago Kortrijk Weide 03/05/2026
	5 0 M	
PB	00:34.65	
	00:34.65	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+		Heat:9, starttime: 09:28
Heat: 9/16 Lane : 1 Athlete: CARIS MARTHE		Q-time: 00:33:46
PB (50m pool): 00:33.46 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:32.55 SB: no time
	5 0 M	
PB	00:33.46	
	00:33.46	
		

Coach feedback:

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

Event number: 3: 50M BACKSTROKE WOMEN 15+										Heat:10, starttime: 09:30																													
Heat: 10/16 Lane : 1 Athlete: BHIJA NOOR																				Q-time: 00:33:22																			
PB (50m pool): 00:33.22 Antwerpen 17/05/2026																				PB (25m pool): 00:32.82 SB: 00:33.22 Antwerpen 17/05/2026																			
	5 0 M																																						
PB	00:33.22																																						
	00:33.22																																						
																																							

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:9, starttime: 11:56																																		
Heat: 9/13																				Lane : 5					Athlete: CARIS MARTHE										Q-time: 00:27:88									
PB (50m pool): 00:27.88										Antwerpen					27/07/2025					PB (25m pool): 00:27.10										SB: 00:28.23					Antwerpen					22/03/2026				
	5 0 M																																											
PB	00:27.88																																											
	00:27.88																																											
																																												

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:12, starttime: 11:59																																		
Heat: 12/13																				Lane : 1					Athlete: BHIJA NOOR										Q-time: 00:27:49									
PB (50m pool): 00:27.49										Antwerpen					17/05/2026					PB (25m pool): 00:28.09										SB: 00:27.49					Antwerpen					17/05/2026				
	5 0 M																																											
PB	00:27.49																																											
	00:27.49																																											
																																												

Coach feedback: