

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

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

Coaches: Vanhaeke Heidi

Coaches: Marquillie Martine HEADCOACH

Coaches: Duck Chantal

Coaches: Dewulf Bart

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:1, starttime: 08:57
Heat: 1/12 Lane : 1 Athlete: VANDEMAELE JACOB			Q-time: 01:05:61
PB (50m pool): 01:05.61 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:05.46 SB: 01:05.61 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:30.65	01:05.61	
	00:30.65	00:34.96	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:2, starttime: 08:58
Heat: 2/12 Lane : 6 Athlete: DELRUE REMI			Q-time: 01:04:47
PB (50m pool): 01:04.45 Rotterdam 19/04/2026 PB (25m pool): 01:04.62 SB: 01:04.45 Rotterdam 19/04/2026			
	5 0 M	1 0 0 M	
PB	00:29.70	01:04.45	
	00:29.70	00:34.75	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:6, starttime: 09:04
Heat: 6/12 Lane : 8 Athlete: DEBRUYNE HANNES			Q-time: 01:01:98
PB (50m pool): 01:01.98 Antwerpen 27/07/2025 PB (25m pool): 01:07.28 SB: 01:02.64 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M	
PB	00:29.35	01:01.98	
	00:29.35	00:32.63	
			

Coach feedback:

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Event number: 2: 100M BUTTERFLY MEN 15+			Heat:7, starttime: 09:06
Heat: 7/12 Lane : 7 Athlete: VERELZEN ROBBE			Q-time: 01:01:06
PB (50m pool): 01:01.06 Antwerpen 22/03/2026			PB (25m pool): 01:00.12 SB: 01:01.06 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.67	01:01.06	
	00:28.67	00:32.39	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:8, starttime: 09:07
Heat: 8/12 Lane : 1 Athlete: CHRISTIAENS STIJN			Q-time: 01:00:75
PB (50m pool): 01:00.75 Antwerpen 22/03/2026			PB (25m pool): 00:59.50 SB: 01:00.75 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.46	01:00.75	
	00:28.46	00:32.29	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:9, starttime: 09:09
Heat: 9/12 Lane : 7 Athlete: DECUPERE CEDRIC			Q-time: 00:59:84
PB (50m pool): 00:59.84 Antwerpen 27/07/2025			PB (25m pool): 00:59.74 SB: 00:59.88 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:27.98	00:59.84	
	00:27.98	00:31.86	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+			Heat:2, starttime: 09:17
Heat: 2/16 Lane : 1 Athlete: FEYS FARAH			Q-time: 00:35:19
PB (50m pool): 00:34.69 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 00:33.33 SB: 00:34.69 Lago Kortrijk Weide 03/05/2026
	5 0 M		
PB	00:34.69		
	00:34.69		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 15+			Heat:7, starttime: 09:25		
Heat: 7/16 Lane : 4 Athlete: CHRISTIAENS JUTTA			Q-time: 00:33:65		
PB (50m pool): 00:33.65 Antwerpen 27/07/2025			PB (25m pool): 00:33.36 SB: 00:33.79 Antwerpen 22/03/2026		
	5 0 M				
PB	00:33.65				
	00:33.65				
					

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+			Heat:8, starttime: 09:26		
Heat: 8/16 Lane : 4 Athlete: SANDRA EVA			Q-time: 00:33:51		
PB (50m pool): 00:32.95 Antwerpen 28/07/2024			PB (25m pool): 00:32.38 SB: 00:33.51 Kortrijk 15/02/2026		
	5 0 M				
PB	00:32.95				
	00:32.95				
					

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+			Heat:11, starttime: 09:31		
Heat: 11/16 Lane : 8 Athlete: CHRISTIAENS ANNABEL			Q-time: 00:33:06		
PB (50m pool): 00:32.65 Antwerp 21/01/2024			PB (25m pool): 00:31.65 SB: 00:34.12 Kortrijk 15/02/2026		
	5 0 M				
PB	00:32.65				
	00:32.65				
					

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+			Heat:15, starttime: 09:37		
Heat: 15/16 Lane : 1 Athlete: DECOUTERE IMANI			Q-time: 00:31:50		
PB (50m pool): 00:31.50 Antwerpen 27/07/2025			PB (25m pool): 00:30.77 SB: 00:31.68 Brugge 01/02/2026		
	5 0 M				
PB	00:31.50				
	00:31.50				
					

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:6, starttime: 10:27
Heat: 6/9 Lane : 1 Athlete: CHRISTIAENS ANNABEL					Q-time: 02:51:08
PB (50m pool): 02:51.08 Kortrijk 26/12/2025			PB (25m pool): no time SB: 02:51.08 Kortrijk 26/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.42	01:22.90	02:06.93	02:51.08	
	00:38.42	00:44.48	00:44.03	00:44.15	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:1, starttime: 10:40
Heat: 1/10 Lane : 3 Athlete: VANDEMAELE JACOB					Q-time: 02:29:24
PB (50m pool): 02:29.24 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 02:31.51 SB: 02:29.24 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.23	01:13.14	01:52.23	02:29.24	
	00:35.23	00:37.91	00:39.09	00:37.01	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:7, starttime: 11:01
Heat: 7/10 Lane : 4 Athlete: DECUPERE ALEX					Q-time: 02:18:07
PB (50m pool): 02:18.07 Antwerpen 22/03/2026			PB (25m pool): 02:12.82 SB: 02:18.07 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.23	01:07.52	01:43.68	02:18.07	
	00:32.23	00:35.29	00:36.16	00:34.39	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:10, starttime: 11:11
Heat: 10/10 Lane : 1 Athlete: FEYS JONAH					Q-time: 02:17:07
PB (50m pool): 02:17.07 Antwerpen 17/05/2026			PB (25m pool): 02:11.56 SB: 02:17.07 Antwerpen 17/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.36	01:06.98	01:42.50	02:17.07	
	00:32.36	00:34.62	00:35.52	00:34.57	
					

Coach feedback:

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Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:2, starttime: 11:17
Heat: 2/4 Lane : 8 Athlete: FEYS FARAH					Q-time: 02:37:45
PB (50m pool): 02:37.45 Antwerpen 08/03/2026			PB (25m pool): 02:38.30 SB: 02:37.45 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.64	01:13.18	01:54.46	02:37.45	
	00:33.64	00:39.54	00:41.28	00:42.99	
					

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:4, starttime: 11:24
Heat: 4/4 Lane : 5 Athlete: DECOUTERE IMANI					Q-time: 02:24:17
PB (50m pool): 02:24.17 Antwerpen 17/05/2026			PB (25m pool): 02:19.29 SB: 02:24.17 Antwerpen 17/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.64	01:08.50	01:46.17	02:24.17	
	00:31.64	00:36.86	00:37.67	00:38.00	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:7, starttime: 11:38
Heat: 7/12 Lane : 3 Athlete: DECUPERE CEDRIC					Q-time: 01:11:27
PB (50m pool): 01:11.27 Kortrijk 04/05/2025			PB (25m pool): 01:07.34 SB: 01:13.17 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M			
PB	00:32.76	01:11.27			
	00:32.76	00:38.51			
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:7, starttime: 11:38
Heat: 7/12 Lane : 4 Athlete: CHRISTIAENS STIJN					Q-time: 01:11:11
PB (50m pool): 01:10.57 Antwerpen 22/01/2023			PB (25m pool): 01:05.86 SB: 01:11.41 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M			
PB	no time	01:10.57			
	no time				
					

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+			Heat:10, starttime: 11:43
Heat: 10/12 Lane : 2 Athlete: VERELZEN ROBBE			Q-time: 01:08:11
PB (50m pool): 01:08.11 Antwerpen 27/07/2025			PB (25m pool): 01:06.16 SB: 01:08.94 Kortrijk 15/02/2026
	5 0 M	1 0 0 M	
PB	00:31.52	01:08.11	
	00:31.52	00:36.59	
			

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+			Heat:10, starttime: 11:57
Heat: 10/13 Lane : 7 Athlete: CHRISTIAENS JUTTA			Q-time: 00:27:68
PB (50m pool): 00:27.45 Antwerp 21/01/2024			PB (25m pool): 00:27.12 SB: 00:27.89 Antwerpen 22/03/2026
	5 0 M		
PB	00:27.45		
	00:27.45		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:1, starttime: 12:01
Heat: 1/15 Lane : 6 Athlete: DELRUE REMI			Q-time: 00:28:72
PB (50m pool): 00:28.16 Rotterdam 19/04/2026			PB (25m pool): no time SB: 00:28.16 Rotterdam 19/04/2026
	5 0 M		
PB	00:28.16		
	00:28.16		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:3, starttime: 12:03
Heat: 3/15 Lane : 6 Athlete: DEBRUYNE HANNES			Q-time: 00:26:29
PB (50m pool): 00:26.29 Kortrijk 15/02/2026			PB (25m pool): no time SB: 00:26.29 Kortrijk 15/02/2026
	5 0 M		
PB	00:26.29		
	00:26.29		
			

Coach feedback:

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

Event number: 10: 50M FREESTYLE MEN 15+										Heat:5, starttime: 12:05																			
Heat: 5/15 Lane : 7 Athlete: DECUPERE ALEX																				Q-time: 00:25:93									
PB (50m pool): 00:25.93 Antwerpen 08/03/2026										PB (25m pool): 00:25.48SB: 00:25.93 Antwerpen 08/03/2026																			
	5 0 M																												
PB	00:25.93																												
	00:25.93																												
																													

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+										Heat:7, starttime: 12:07																													
Heat: 7/15																				Lane : 3					Athlete: DECUPERE CEDRIC										Q-time: 00:25:55				
PB (50m pool): 00:25.55										Antwerpen 22/03/2026										PB (25m pool): 00:24.77										SB: 00:25.55					Antwerpen 22/03/2026				
		5 0 M																																					
PB		00:25.55																																					
		00:25.55																																					
																																							

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+										Heat:8, starttime: 12:08																													
Heat: 8/15																				Lane : 6					Athlete: CHRISTIAENS STIJN										Q-time: 00:25:46				
PB (50m pool): 00:25.46										Kortrijk 15/02/2026										PB (25m pool): 00:24.50										SB: 00:25.46					Kortrijk 15/02/2026				
	5 0 M																																						
PB	00:25.46																																						
	00:25.46																																						
																																							

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+							Heat:10, starttime: 12:10		
Heat: 10/15 Lane : 2 Athlete: FEYS JONAH							Q-time: 00:25:05		
PB (50m pool): 00:25.05 Antwerpen 17/05/2026							PB (25m pool): 00:24.48 SB: 00:25.05 Antwerpen 17/05/2026		
	5 0 M								
PB	00:25.05								
	00:25.05								
									

Coach feedback:

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

Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:3, starttime: 12:27	
Heat: 3/5 Lane : 2 Athlete: TEAM KZK 1							Q-time: 04:29:83	
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: