

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

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

Coaches: Wouters Maxim

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

Event number: 3: 50M BACKSTROKE WOMEN 15+				Heat:6, starttime: 09:23	
Heat: 6/16 Lane : 3 Athlete: JANSSENS ELISABETH				Q-time: 00:34:18	
PB (50m pool): 00:34.18 Wezenberg 01/02/2026				PB (25m pool): 00:32.53 SB: 00:34.18 Wezenberg 01/02/2026	
	5 0 M				
PB	00:34.18				
	00:34.18				
					

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+				Heat:12, starttime: 09:33	
Heat: 12/16 Lane : 1 Athlete: BOVEN AXELLE				Q-time: 00:32:63	
PB (50m pool): 00:32.63 Wezenberg 01/02/2026				PB (25m pool): 00:31.50 SB: 00:32.63 Wezenberg 01/02/2026	
	5 0 M				
PB	00:32.63				
	00:32.63				
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+				Heat:2, starttime: 10:13	
Heat: 2/9 Lane : 3 Athlete: JANSSENS ELISABETH				Q-time: 02:58:07	
PB (50m pool): 02:58.07 Antwerpen 27/07/2025				PB (25m pool): 02:51.93 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.56	01:26.95	02:13.21	02:58.07	
	00:40.56	00:46.39	00:46.26	00:44.86	
					

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:4, starttime: 10:20
Heat: 4/9 Lane : 6 Athlete: DURT REINE					Q-time: 02:54:61
PB (50m pool): 02:54.61 Antwerp 26/01/2025					PB (25m pool): 02:50.12 SB: 02:59.28 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.60	01:24.54	02:09.75	02:54.61	
	00:39.60	00:44.94	00:45.21	00:44.86	
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:5, starttime: 10:23
Heat: 5/9 Lane : 7 Athlete: MERTENS FEMKE					Q-time: 02:53:13
PB (50m pool): 02:53.13 Antwerpen 08/03/2026					PB (25m pool): 02:49.25 SB: 02:53.13 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.36	01:22.32	02:07.19	02:53.13	
	00:38.36	00:43.96	00:44.87	00:45.94	
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:6, starttime: 10:27
Heat: 6/9 Lane : 4 Athlete: BOVEN AXELLE					Q-time: 02:48:82
PB (50m pool): 02:48.82 Antwerpen 27/07/2025					PB (25m pool): 02:47.43 SB: 02:52.85 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.12	01:22.75	02:06.99	02:48.82	
	00:39.12	00:43.63	00:44.24	00:41.83	
					

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:2, starttime: 11:17
Heat: 2/4 Lane : 7 Athlete: BELLENS LORE					Q-time: 02:34:22
PB (50m pool): 02:34.22 Wezenberg 01/02/2026					PB (25m pool): 02:31.67 SB: 02:34.22 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.54	01:12.62	01:53.49	02:34.22	
	00:33.54	00:39.08	00:40.87	00:40.73	
					

Coach feedback:

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Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:4, starttime: 11:51																													
Heat: 4/13																				Lane : 2					Athlete: MERTENS FEMKE										Q-time: 00:28:81				
PB (50m pool): 00:28.81										Antwerpen 08/03/2026										PB (25m pool): 00:28.37										SB: 00:28.81					Antwerpen 08/03/2026				
		5 0 M																																					
PB		00:28.81																																					
		00:28.81																																					
																																							

Coach feedback: