

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

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

Coaches: Guldentops Kevin

Coaches: Michiels Hans HEADCOACH

Coaches: Decaesstecker Elise

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 : 8 Athlete: GAUDAEN MAUD								Q-time: 04:53:11
PB (50m pool): 04:53.11 Antwerpen 08/03/2026				PB (25m pool): 04:56.09 SB: 04:53.11 Antwerpen 08/03/2026				
	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	00:31.59	01:08.10	01:45.99	02:23.75	03:01.36	03:39.06	04:16.56	04:53.11
	00:31.59	00:36.51	00:37.89	00:37.76	00:37.61	00:37.70	00:37.50	00:36.55
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15-18								Heat:2, starttime: 08:35
Heat: 2/5 Lane : 8 Athlete: VERLUYTEN LENI								Q-time: 04:47:40
PB (50m pool): 04:47.40 Antwerpen 19/04/2026				PB (25m pool): 04:41.70 SB: 04:47.40 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	00:32.96	01:09.62	01:46.62	02:23.53	03:00.30	03:36.88	04:12.61	04:47.40
	00:32.96	00:36.66	00:37.00	00:36.91	00:36.77	00:36.58	00:35.73	00:34.79
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+								Heat:5, starttime: 09:03
Heat: 5/12 Lane : 2 Athlete: WAELPUT THOMAS								Q-time: 01:02:34
PB (50m pool): 01:02.34 Mol 22/06/2025			PB (25m pool): 01:00.35 SB: 01:04.25 Wezenberg 03/01/2026					
	5 0 M	1 0 0 M						
PB	00:29.28	01:02.34						
	00:29.28	00:33.06						
								

Coach feedback:

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Event number: 2: 100M BUTTERFLY MEN 15+				Heat:7, starttime: 09:06	
Heat: 7/12 Lane : 6 Athlete: BOODTS GERBEN				Q-time: 01:00:97	
PB (50m pool): 01:00.97 Antwerpen 22/03/2026				PB (25m pool): 01:01.11 SB: 01:00.97 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M			
PB	00:28.65	01:00.97			
	00:28.65	00:32.32			
					

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+				Heat:12, starttime: 09:33	
Heat: 12/16 Lane : 5 Athlete: STESENS EMMA-LOUISE				Q-time: 00:32:35	
PB (50m pool): 00:32.35 Antwerpen 17/05/2026				PB (25m pool): 00:31.70 SB: 00:32.35 Antwerpen 17/05/2026	
	5 0 M				
PB	00:32.35				
	00:32.35				
					

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+				Heat:13, starttime: 09:34	
Heat: 13/16 Lane : 3 Athlete: VERLUYTEN LENI				Q-time: 00:31:85	
PB (50m pool): 00:31.85 Antwerpen 27/04/2025				PB (25m pool): 00:30.64 SB: 00:31.88 Antwerpen 17/05/2026	
	5 0 M				
PB	00:31.85				
	00:31.85				
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:7, starttime: 10:30	
Heat: 7/9 Lane : 1 Athlete: LAGEY LISELOTTE					Q-time: 02:47:85	
PB (50m pool): no time					PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	no time		
	no time					
						

Coach feedback:

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Event number: 6: 200M BACKSTROKE MEN 15+					Heat:2, starttime: 10:44
Heat: 2/10 Lane : 5 Athlete: SCHRAUWEN BJARNE					Q-time: 02:27:92
PB (50m pool): 02:27.92 Antwerpen 08/03/2026					PB (25m pool): 02:22.55 SB: 02:27.92 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.48	01:10.57	01:50.03	02:27.92	
	00:33.48	00:37.09	00:39.46	00:37.89	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:9, starttime: 11:08
Heat: 9/10 Lane : 7 Athlete: MICHIELS SIBE					Q-time: 02:16:68
PB (50m pool): 02:16.68 Antwerpen 08/03/2026					PB (25m pool): 02:11.40 SB: 02:16.68 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.01	01:05.97	01:42.32	02:16.68	
	00:31.01	00:34.96	00:36.35	00:34.36	
					

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:1, starttime: 11:14
Heat: 1/4 Lane : 5 Athlete: MURAT IREM					Q-time: 02:37:96
PB (50m pool): 02:37.96 Antwerpen 27/07/2025					PB (25m pool): 02:34.74 SB: 02:41.99 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.96	01:12.57	01:54.54	02:37.96	
	00:32.96	00:39.61	00:41.97	00:43.42	
					

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:4, starttime: 11:24
Heat: 4/4 Lane : 1 Athlete: VAN BUNDER AMY					Q-time: 02:34:48
PB (50m pool): 02:34.48 Antwerpen 08/03/2026					PB (25m pool): 02:32.68 SB: 02:34.48 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.19	01:10.12	01:51.96	02:34.48	
	00:32.19	00:37.93	00:41.84	00:42.52	
					

Coach feedback:

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Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:4, starttime: 11:24
Heat: 4/4 Lane : 6 Athlete: GAUDAEN MAUD					Q-time: 02:30:88
PB (50m pool): 02:30.88 Antwerpen 22/03/2026			PB (25m pool): 02:31.39 SB: 02:30.88 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.07	01:11.98	01:51.43	02:30.88	
	00:34.07	00:37.91	00:39.45	00:39.45	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:11, starttime: 11:44
Heat: 11/12 Lane : 8 Athlete: SCIACCA LEANDRO					Q-time: 01:09:09
PB (50m pool): 01:09.09 Luxembourg 01/02/2026			PB (25m pool): 01:07.65 SB: 01:09.09 Luxembourg 01/02/2026		
	5 0 M	1 0 0 M			
PB	00:32.23	01:09.09			
	00:32.23	00:36.86			
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+					Heat:3, starttime: 11:50
Heat: 3/13 Lane : 4 Athlete: STESENS EMMA-LOUISE					Q-time: 00:28:88
PB (50m pool): 00:28.88 Wezenberg 03/01/2026			PB (25m pool): 00:28.09 SB: 00:28.88 Wezenberg 03/01/2026		
	5 0 M				
PB	00:28.88				
	00:28.88				
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+					Heat:4, starttime: 11:51
Heat: 4/13 Lane : 1 Athlete: VAN BUNDER AMY					Q-time: 00:28:85
PB (50m pool): 00:28.85 Antwerpen 19/04/2026			PB (25m pool): 00:29.84 SB: 00:28.85 Antwerpen 19/04/2026		
	5 0 M				
PB	00:28.85				
	00:28.85				
					

Coach feedback:

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

Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:5, starttime: 11:52																				
Heat: 5/13 Lane : 7 Athlete: GAUDAEN MAUD																				Q-time: 00:28:62										
PB (50m pool): 00:28.62 Antwerpen 08/03/2026										PB (25m pool): 00:28.10SB: 00:28.62 Antwerpen 08/03/2026																				
	5 0 M																													
PB	00:28.62																													
	00:28.62																													
																														

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:11, starttime: 11:58																																		
Heat: 11/13																				Lane : 3					Athlete: LAGEY LISELOTTE										Q-time: 00:26:98									
PB (50m pool): 00:26.98										Antwerpen					17/05/2026					PB (25m pool): no time										SB: 00:26.98					Antwerpen					17/05/2026				
	5 0 M																																											
PB	00:26.98																																											
	00:26.98																																											
																																												

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+										Heat:5, starttime: 12:05																				
Heat: 5/15 Lane : 5 Athlete: MICHIELS SIBE																				Q-time: 00:25:76										
PB (50m pool): 00:25.76 Antwerpen 19/04/2026										PB (25m pool): 00:24.78SB: 00:25.76 Antwerpen 19/04/2026																				
	5 0 M																													
PB	00:25.76																													
	00:25.76																													
																														

Coach feedback:

Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:4, starttime: 12:32	
Heat: 4/5 Lane : 6 Athlete: TEAM TSZ 11							Q-time: 04:19:89	
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: