

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

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

Coaches: Spincemaille Laura

Coaches: Mabbe Andy HEADCOACH

Coaches: Heyligen Bert

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY MEN 15+							Heat:3, starttime: 09:00		
Heat: 3/12 Lane : 6 Athlete: DEMEYERE LARS							Q-time: 01:03:30		
PB (50m pool): 01:03.30 Luxembourg - Kirchberg 15/03/2026 PB (25m pool): 01:02.85 SB: 01:03.30 Luxembourg - Kirchberg 15/03/2026									
	5 0 M		1 0 0 M						
PB	00:29.77		01:03.30						
	00:29.77		00:33.53						
									

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+							Heat:8, starttime: 09:26	
Heat: 8/16 Lane : 5 Athlete: BONASSI HÉLÈNE							Q-time: 00:33:57	
PB (50m pool): 00:33.57 Aalst 27/06/2026							PB (25m pool): 00:32.49SB: 00:33.57 Aalst 27/06/2026	
	5 0 M							
PB	00:33.57							
	00:33.57							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:3, starttime: 10:47
Heat: 3/10 Lane : 7 Athlete: BALCAEN SANDER				Q-time: 02:27:04	
PB (50m pool): 02:27.04 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:18.95 SB: 02:27.04 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.90	01:11.53	01:50.03	02:27.04	
	00:33.90	00:37.63	00:38.50	00:37.01	
					

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+			Heat:11, starttime: 11:44
Heat: 11/12 Lane : 7 Athlete: VANDENDORPE EMILE			Q-time: 01:08:36
PB (50m pool): 01:08.36 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:04.64 SB: 01:08.36 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:31.17	01:08.36	
	00:31.17	00:37.19	
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:1, starttime: 12:01
Heat: 1/15 Lane : 3 Athlete: DEMEYERE LARS			Q-time: 00:27:02
PB (50m pool): 00:27.02 Antwerpen 08/03/2026 PB (25m pool): 00:26.54 SB: 00:27.02 Antwerpen 08/03/2026			
	5 0 M		
PB	00:27.02		
	00:27.02		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:6, starttime: 12:06
Heat: 6/15 Lane : 5 Athlete: BEUNENS ILIAN			Q-time: 00:25:64
PB (50m pool): 00:25.64 Antwerpen 15/03/2026 PB (25m pool): 00:24.70 SB: 00:25.64 Antwerpen 15/03/2026			
	5 0 M		
PB	00:25.64		
	00:25.64		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:13, starttime: 12:13
Heat: 13/15 Lane : 4 Athlete: MABBE ELIAN			Q-time: 00:23:55
PB (50m pool): 00:23.49 Antwerpen 28/07/2024 PB (25m pool): 00:23.05 SB: 00:23.61 Luxembourg - Kirchberg 15/03/2026			
	5 0 M		
PB	00:23.49		
	00:23.49		
			

Coach feedback: