

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

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

Coaches: Okens Jari

Coaches: Van Den Broeck Dennis

PB => Personal Best time

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

Event number: 3: 50M BACKSTROKE WOMEN 15+ Heat:12, starttime: 09:33

Heat: 12/16 Lane : 6 Athlete: GEENS AMÉLIE		Q-time: 00:32:38
PB (50m pool): 00:32.38 Gent 08/02/2026		PB (25m pool): 00:31.49 SB: 00:32.38 Gent 08/02/2026
	5 0 M	
PB	00:32.38	
	00:32.38	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+ Heat:15, starttime: 09:37

Heat: 15/16 Lane : 8 Athlete: DALEMANS LYN		Q-time: 00:31:67
PB (50m pool): 00:31.67 Antwerpen 22/03/2026		PB (25m pool): 00:30.52 SB: 00:31.67 Antwerpen 22/03/2026
	5 0 M	
PB	00:31.67	
	00:31.67	
		

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+ Heat:2, starttime: 11:29

Heat: 2/12 Lane : 6 Athlete: BAKX WARRE		Q-time: 01:15:31
PB (50m pool): 01:14.78 Antwerpen 21/07/2024		PB (25m pool): 01:11.07 SB: 01:15.70 Antwerpen 08/03/2026
	5 0 M	1 0 0 M
PB	no time	01:14.78
	no time	
		

Coach feedback:

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

Event number: 9: 50M FREESTYLE WOMEN 15+		Heat:12, starttime: 11:59
Heat: 12/13 Lane : 2 Athlete: DALEMANS LYN		Q-time: 00:27:13
PB (50m pool): 00:27.13 Antwerpen 27/07/2025		PB (25m pool): 00:26.76 SB: 00:27.45 Molenbeek 01/02/2026
	5 0 M	
PB	00:27.13	
	00:27.13	
		

Coach feedback: