

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

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

Coaches: Segers Ellen HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:3, starttime: 08:41	
Heat: 3/5 Lane : 3 Athlete: DE BACKER BIRGIT							Q-time: 04:43:26	
PB (50m pool): 04:43.26 Olympic Pool Wezenberg, Antwer 29/03/25							PB (25m pool): 04:39.41 SB: 04:43.26 Olympic Pool Wezenberg, Antwer 29/03/25	
	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	00:31.23	01:06.28	01:42.58	02:18.94	02:55.53	03:31.94	04:08.52	04:43.26
	00:31.23	00:35.05	00:36.30	00:36.36	00:36.59	00:36.41	00:36.58	00:34.74
								

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18							Heat:3, starttime: 09:52	
Heat: 3/5 Lane : 4 Athlete: PERSOONS EMIEL							Q-time: 05:05:60	
PB (50m pool): 05:05.60 Olympic Pool Wezenberg, Antwer 29/03/25							PB (25m pool): 04:52.34 SB: 05:05.60 Olympic Pool Wezenberg, Antwer 29/03/25	
	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	00:31.99	01:10.91	01:51.12	02:31.42	03:14.66	03:58.50	04:33.18	05:05.60
	00:31.99	00:38.92	00:40.21	00:40.30	00:43.24	00:43.84	00:34.68	00:32.42
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:7, starttime: 10:30			
Heat: 7/9 Lane : 7 Athlete: DONIN MANON					Q-time: 02:47:22			
PB (50m pool): 02:47.22 Antwerp 09/02/2025					PB (25m pool): 02:42.08 SB: 02:47.99 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:37.90	01:19.95	02:03.49	02:47.22				
	00:37.90	00:42.05	00:43.54	00:43.73				
								

Coach feedback:

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Event number: 6: 200M BACKSTROKE MEN 15+					Heat:8, starttime: 11:04
Heat: 8/10 Lane : 2 Athlete: VOLCKAERT MATTHIAS					Q-time: 02:16:02
PB (50m pool): 02:16.02 Antwerpen 22/03/2026			PB (25m pool): 02:12.84 SB: 02:16.02 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.23	01:06.35	01:41.29	02:16.02	
	00:32.23	00:34.12	00:34.94	00:34.73	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:3, starttime: 11:31
Heat: 3/12 Lane : 1 Athlete: DE PEYPER MATS					Q-time: 01:14:90
PB (50m pool): 01:14.90 Antwerpen 15/03/2026			PB (25m pool): 01:12.25 SB: 01:14.90 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M			
PB	00:34.29	01:14.90			
	00:34.29	00:40.61			
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:6, starttime: 11:36
Heat: 6/12 Lane : 2 Athlete: DE PEYPER NOAH					Q-time: 01:11:99
PB (50m pool): 01:11.99 Antwerp 09/02/2025			PB (25m pool): 01:09.53 SB: 01:13.00 Aalst 26/04/2026		
	5 0 M	1 0 0 M			
PB	00:33.96	01:11.99			
	00:33.96	00:38.03			
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:8, starttime: 11:39
Heat: 8/12 Lane : 8 Athlete: VERROKEN GERBEN					Q-time: 01:11:06
PB (50m pool): 01:11.06 Antwerpen 22/03/2026			PB (25m pool): 01:08.56 SB: 01:11.06 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M			
PB	00:32.93	01:11.06			
	00:32.93	00:38.13			
					

Coach feedback:

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Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:5, starttime: 11:52																				
Heat: 5/13 Lane : 8 Athlete: LANDRIEU NORA																				Q-time: 00:28:69										
PB (50m pool): 00:28.69 Aalst 26/04/2026										PB (25m pool): 00:28.28 SB: 00:28.69 Aalst 26/04/2026																				
	5 0 M																													
PB	00:28.69																													
	00:28.69																													
																														

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+							Heat:6, starttime: 11:53		
Heat: 6/13 Lane : 4 Athlete: DE BACKER BIRGIT							Q-time: 00:28:51		
PB (50m pool): 00:28.51 Antwerp 09/02/2025							PB (25m pool): 00:27.85 SB: 00:28.59 Aalst 26/04/2026		
	5 0 M								
PB	00:28.51								
	00:28.51								
									

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+							Heat:7, starttime: 12:07		
Heat: 7/15 Lane : 6 Athlete: VOLCKAERT MATTHIAS							Q-time: 00:25:55		
PB (50m pool): 00:25.55 Wezenberg 03/01/2026							PB (25m pool): 00:24.81 SB: 00:25.55 Wezenberg 03/01/2026		
	5 0 M								
PB	00:25.55								
	00:25.55								
									

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+										Heat:9, starttime: 12:09																													
Heat: 9/15																				Lane : 5					Athlete: VERROKEN GERBEN										Q-time: 00:25:18				
PB (50m pool): 00:25.18										Antwerpen					17/05/2026					PB (25m pool): 00:24.43SB: 00:25.18										Antwerpen					17/05/2026				
		5 0 M																																					
PB		00:25.18																																					
		00:25.18																																					
																																							

Coach feedback: