

CB-BK WE2 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 15:00 untill 15:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Loones Matthias HEADCOACH

PB => Personal Best time

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

Event number: 15: 1500M FREESTYLE MEN 17+ Heat:1, starttime: 16:56

Heat: 1/1 Lane : 7 Athlete: KOCKX HENRI Q-time: 16:52:91

PB (50m pool): 16:52.91 Antwerpen 27/07/2025 PB (25m pool): 16:48.91 SB: 17:16.24 Antwerpen 17/05/2026

	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	00:30.98	01:04.36	01:38.51	02:12.31	02:46.07	03:19.72	03:53.44	04:26.97
	00:30.98	00:33.38	00:34.15	00:33.80	00:33.76	00:33.65	00:33.72	00:33.53
								

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:00.54	05:33.99	06:07.70	06:40.99	07:14.64	07:48.55	08:22.59	08:56.40
	00:33.57	00:33.45	00:33.71	00:33.29	00:33.65	00:33.91	00:34.04	00:33.81
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	09:30.49	10:04.58	10:38.76	11:12.76	11:46.62	12:20.60	12:54.74	13:29.02
	00:34.09	00:34.09	00:34.18	00:34.00	00:33.86	00:33.98	00:34.14	00:34.28
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	14:03.38	14:37.61	15:11.85	15:45.84	16:20.07	16:52.91	
	00:34.36	00:34.23	00:34.24	00:33.99	00:34.23	00:32.84	
							

Coach feedback:

Event number: 16: 4x100M FREESTYLE WOMEN 15+ Heat:3, starttime: 17:25

Heat: 3/3 Lane : 6 Athlete: TEAM MEGA 1 Q-time: 03:58:84

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:

CB-BK WE2 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Event number: 16: 4x100M FREESTYLE WOMEN 15+							Heat:3, starttime: 17:25	
Heat: 3/3 Lane : 8 Athlete: TEAM MEGA 2							Q-time: 04:07:31	
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:

Event number: 17: 4x100M FREESTYLE MEN 15+							Heat:3, starttime: 17:39	
Heat: 3/5 Lane : 2 Athlete: TEAM MEGA 2							Q-time: 03:52:56	
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:

Event number: 17: 4x100M FREESTYLE MEN 15+							Heat:5, starttime: 17:48	
Heat: 5/5 Lane : 5 Athlete: TEAM MEGA 1							Q-time: 03:30:92	
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: