

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: BEST

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

Coaches: Mentens Nele HEADCOACH

PB => Personal Best time

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

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:3, starttime: 09:08	
Heat: 3/5 Lane : 4 Athlete: VANDERLINDEN PAULIEN							Q-time: 05:26:13	
PB (50m pool): 05:26.13 Antwerpen 20/07/2025			PB (25m pool): 05:21.00SB: 05:36.67 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	00:35.77	01:17.04	01:58.99	02:39.38	03:26.22	04:12.42	04:51.15	05:26.13
	00:35.77	00:41.27	00:41.95	00:40.39	00:46.84	00:46.20	00:38.73	00:34.98
								

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+										Heat:1, starttime: 10:28	
Heat: 1/12 Lane : 7 Athlete: KERCKHOFS NIENKE										Q-time: 01:15:01	
PB (50m pool): 01:15.01 Ottignies Louvain-La-Neuve 07/06/2026PB (25m pool): 01:14.55SB: 01:15.01 Ottignies Louvain-La-Neuve 07/06/2026											
	5 0 M		1 0 0 M								
PB	00:36.33		01:15.01								
	00:36.33		00:38.68								
											

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+							Heat:7, starttime: 10:42	
Heat: 7/12 Lane : 1 Athlete: VANDERLINDEN PAULIEN							Q-time: 01:11:15	
PB (50m pool): 01:11.15 Antwerpen 20/07/2025							PB (25m pool): 01:09.08SB: 01:12.59 SportinGenk Park 11/11/2025	
	5 0 M	1 0 0 M						
PB	00:34.21	01:11.15						
	00:34.21	00:36.94						
								

Coach feedback:

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Event number: 26: 50M BREASTSTROKE MEN 15+				Heat:3, starttime: 11:50	
Heat: 3/12 Lane : 1 Athlete: VAN HOOFF COBE				Q-time: 00:33:61	
PB (50m pool): 00:33.61 Antwerpen 08/03/2026				PB (25m pool): 00:32.65 SB: 00:33.61 Antwerpen 08/03/2026	
	5 0 M				
PB	00:33.61				
	00:33.61				
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:4, starttime: 12:04	
Heat: 4/17 Lane : 8 Athlete: VANDERLINDEN PAULIEN				Q-time: 00:31:90	
PB (50m pool): 00:31.90 Wezenberg 03/01/2026				PB (25m pool): 00:31.27 SB: 00:31.90 Wezenberg 03/01/2026	
	5 0 M				
PB	00:31.90				
	00:31.90				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+				Heat:7, starttime: 12:37	
Heat: 7/19 Lane : 8 Athlete: VAN HOOFF COBE				Q-time: 02:26:31	
PB (50m pool): 02:26.31 Antwerpen 27/07/2025				PB (25m pool): 02:22.82 SB: 02:28.02 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.00	01:10.39	01:52.46	02:26.31	
	00:32.00	00:38.39	00:42.07	00:33.85	
					

Coach feedback: