

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

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

Coaches: Maene Stefaan HEADCOACH

Coaches: De Nolf Elina

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+ Heat:9, starttime: 09:38

Heat: 9/13 Lane : 7 Athlete: VANDERSCHRICK STEPHAN			Q-time: 00:29:36		
PB (50m pool): 00:28.04 Antwerpen 12/02/2023			PB (25m pool): 00:27.24 SB: 00:29.83 Antwerpen 22/03/2026		
	5 0 M				
PB	00:28.04				
	00:28.04				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+ Heat:3, starttime: 09:51

Heat: 3/10 Lane : 8 Athlete: MESTDAGH LAURE			Q-time: 02:19:16		
PB (50m pool): 02:19.16 Antwerpen 08/03/2026			PB (25m pool): 02:16.73 SB: 02:19.16 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.62	01:07.04	01:43.66	02:19.16	
	00:31.62	00:35.42	00:36.62	00:35.50	
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+ Heat:8, starttime: 10:44

Heat: 8/12 Lane : 7 Athlete: VANDERSCHRICK LAURA			Q-time: 01:10:45		
PB (50m pool): 01:08.06 Zwembad Brigitte Becue Oostend 19/05/2025			PB (25m pool): 01:07.07 SB: 01:11.26 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M			
PB	no time	01:08.06			
	no time				
					

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:19, starttime: 11:21
Heat: 19/22 Lane : 1 Athlete: VANDERSCHRICK STEPHAN			Q-time: 00:54:28
PB (50m pool): 00:51.74 Zwembad Brigitte Becue Oostend 19/07/2025			PB (25m pool): 00:50.70 SB: 00:56.14 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	no time	00:51.74	
	no time		
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:5, starttime: 11:35
Heat: 5/11 Lane : 3 Athlete: MESTDAGH LAURE			Q-time: 01:20:63
PB (50m pool): 01:18.87 Antwerpen 21/07/2024			PB (25m pool): 01:18.14 SB: 01:25.52 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:18.87	
	no time		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:6, starttime: 12:06
Heat: 6/17 Lane : 7 Athlete: MESTDAGH LAURE			Q-time: 00:31:44
PB (50m pool): 00:31.44 Brugge 14/02/2026			PB (25m pool): 00:32.76 SB: 00:31.44 Brugge 14/02/2026
	5 0 M		
PB	00:31.44		
	00:31.44		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:7, starttime: 12:07
Heat: 7/17 Lane : 5 Athlete: VANDERSCHRICK LAURA			Q-time: 00:31:19
PB (50m pool): 00:30.76 Antwerpen 28/07/2024			PB (25m pool): 00:30.78 SB: 00:31.53 Antwerpen 22/03/2026
	5 0 M		
PB	00:30.76		
	00:30.76		
			

Coach feedback: