

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

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

Coaches: Mackens Vicky HEADCOACH

Coaches: Claes Steven

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 : 2 Athlete: VAN DER MEEREN LOTTE Q-time: 05:28:31

PB (50m pool): 05:28.31 Antwerpen 27/07/2025 PB (25m pool): 05:29.04 SB: 05:36.58 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	00:34.33	01:16.25	02:00.83	02:44.81	03:29.49	04:14.15	04:52.18	05:28.31
	00:34.33	00:41.92	00:44.58	00:43.98	00:44.68	00:44.66	00:38.03	00:36.13
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18 Heat:5, starttime: 09:20

Heat: 5/5 Lane : 1 Athlete: CIOBANU ANASTASIA Q-time: 05:14:15

PB (50m pool): 05:14.15 Antwerpen 27/07/2025 PB (25m pool): 05:12.07 SB: 05:25.59 Antwerpen 22/03/2026

	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	00:33.02	01:12.63	01:54.82	02:35.57	03:19.28	04:04.02	04:39.68	05:14.15
	00:33.02	00:39.61	00:42.19	00:40.75	00:43.71	00:44.74	00:35.66	00:34.47
								

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+ Heat:14, starttime: 11:14

Heat: 14/22 Lane : 3 Athlete: SEGHERS MICHIEL Q-time: 00:56:03

PB (50m pool): 00:56.03 Antwerpen 27/07/2025 PB (25m pool): 00:54.25 SB: 00:56.42 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	00:27.30	00:56.03	
	00:27.30	00:28.73	
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:1, starttime: 11:27
Heat: 1/11 Lane : 5 Athlete: VANDE GHINSTE AMBER			Q-time: 01:23:92
PB (50m pool): 01:23.92 Antwerpen 19/04/2026			PB (25m pool): 01:23.21 SB: 01:23.92 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:39.99	01:23.92	
	00:39.99	00:43.93	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:7, starttime: 11:39
Heat: 7/11 Lane : 7 Athlete: VAN DER MEEREN LOTTE			Q-time: 01:19:41
PB (50m pool): 01:19.41 Antwerpen 27/07/2025			PB (25m pool): 01:17.73 SB: 01:19.50 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:37.14	01:19.41	
	00:37.14	00:42.27	
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:2, starttime: 12:02
Heat: 2/17 Lane : 4 Athlete: FRANCKX MARGAUX			Q-time: 00:32:27
PB (50m pool): 00:32.27 Antwerpen 19/04/2026			PB (25m pool): 00:32.21 SB: 00:32.27 Antwerpen 19/04/2026
	5 0 M		
PB	00:32.27		
	00:32.27		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:5, starttime: 12:05
Heat: 5/17 Lane : 2 Athlete: VAN DER MEEREN LOTTE			Q-time: 00:31:62
PB (50m pool): 00:31.62 Antwerpen 08/03/2026			PB (25m pool): 00:30.81 SB: 00:31.62 Antwerpen 08/03/2026
	5 0 M		
PB	00:31.62		
	00:31.62		
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:15, starttime: 12:15																				
Heat: 15/17 Lane : 6 Athlete: CIOBANU ANASTASIA																				Q-time: 00:28:66										
PB (50m pool): 00:28.66 Antwerpen 27/07/2025										PB (25m pool): 00:28.66 SB: 00:29.28 Molenbeek 01/02/2026																				
	5 0 M																													
PB	00:28.66																													
	00:28.66																													
																														

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:3, starttime: 12:25	
Heat: 3/19 Lane : 5 Athlete: PUTTAERT ARTHUR					Q-time: 02:29:25	
PB (50m pool): 02:29.25 Seraing 25/01/2026					PB (25m pool): 02:27.96 SB: 02:29.25 Seraing 25/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.31	01:10.55	01:55.26	02:29.25		
	00:31.31	00:39.24	00:44.71	00:33.99		
						

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:12, starttime: 12:52	
Heat: 12/19 Lane : 5 Athlete: SEGHERS MICHIEL					Q-time: 02:22:27	
PB (50m pool): 02:22.27 Antwerpen 27/07/2025					PB (25m pool): 02:18.44 SB: 02:25.19 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:28.88	01:06.13	01:51.12	02:22.27		
	00:28.88	00:37.25	00:44.99	00:31.15		
						

Coach feedback: