

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

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

Coaches: Penneman Arne HEADCOACH

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+		Heat:3, starttime: 09:29
Heat: 3/13 Lane : 6 Athlete: DE RYCK SEPPE		Q-time: 00:30:57
PB (50m pool): 00:30.57 Antwerpen 15/03/2026		PB (25m pool): 00:31.48 SB: 00:30.57 Antwerpen 15/03/2026
	5 0 M	
PB	00:30.57	
	00:30.57	
		

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+		Heat:8, starttime: 11:05
Heat: 8/22 Lane : 1 Athlete: DE RYCK SEPPE		Q-time: 00:57:68
PB (50m pool): 00:57.68 Antwerpen 15/03/2026		PB (25m pool): 00:57.99 SB: 00:57.68 Antwerpen 15/03/2026
	5 0 M	1 0 0 M
PB	00:28.54	00:57.68
	00:28.54	00:29.14
		

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+		Heat:3, starttime: 12:03
Heat: 3/17 Lane : 4 Athlete: THIELMAN PAULIEN		Q-time: 00:31:96
PB (50m pool): 00:31.96 Aalst 26/04/2026		PB (25m pool): 00:31.49 SB: 00:31.96 Aalst 26/04/2026
	5 0 M	
PB	00:31.96	
	00:31.96	
		

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+					Heat:12, starttime: 12:52	
Heat: 12/19 Lane : 4 Athlete: DE RYCK SEPPE					Q-time: 02:22:23	
PB (50m pool): 02:22.23 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:20.10 SB: 02:22.23 Sportoase De Watermolen 29/03/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:30.38	01:06.79	01:49.61	02:22.23		
	00:30.38	00:36.41	00:42.82	00:32.62		
						

Coach feedback: