

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

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

Coaches: Melis Tom

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:10, starttime: 09:39
Heat: 10/13 Lane : 3 Athlete: OST RYAN				Q-time: 00:29:12
PB (50m pool): 00:29.12 Antwerpen 17/05/2026		PB (25m pool): 00:28.42 SB: 00:29.12 Antwerpen 17/05/2026		
	5 0 M			
PB	00:29.12			
	00:29.12			
				

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 09:48
Heat: 2/10 Lane : 3 Athlete: VAN BOCKSTAL YOANNA					Q-time: 02:19:66
PB (50m pool): 02:20.04 Charleroi 11/01/2026		PB (25m pool): 02:14.24 SB: 02:20.04 Charleroi 11/01/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:20.04	
	no time				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:7, starttime: 10:02
Heat: 7/10 Lane : 2 Athlete: WILLAERT AYLA					Q-time: 02:13:85
PB (50m pool): 02:11.82 Antwerpen 21/04/2024		PB (25m pool): 02:06.64 SB: 02:13.85 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:11.82	
	no time				
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:3, starttime: 10:33
Heat: 3/12 Lane : 4 Athlete: VAN BOCKSTAL YOANNA			Q-time: 01:13:15
PB (50m pool): 01:13.15 Antwerpen 20/07/2025			PB (25m pool): 01:09.93 SB: 01:14.06 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.10	01:13.15	
	00:35.10	00:38.05	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:3, starttime: 11:31
Heat: 3/11 Lane : 7 Athlete: ROMBOUITS FLOOR			Q-time: 01:22:51
PB (50m pool): 01:22.51 Wezenberg 01/02/2026			PB (25m pool): 01:20.45 SB: 01:22.51 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.09	01:22.51	
	00:39.09	00:43.42	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:10, starttime: 11:44
Heat: 10/11 Lane : 7 Athlete: WILLAERT AYLA			Q-time: 01:15:49
PB (50m pool): 01:15.32 Antwerpen 28/07/2024			PB (25m pool): 01:13.70 SB: 01:15.49 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	no time	01:15.32	
	no time		
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:8, starttime: 11:55
Heat: 8/12 Lane : 3 Athlete: OST RYAN			Q-time: 00:31:66
PB (50m pool): 00:31.66 Antwerpen 17/05/2026			PB (25m pool): 00:32.22 SB: 00:31.66 Antwerpen 17/05/2026
	5 0 M		
PB	00:31.66		
	00:31.66		
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+					Heat:8, starttime: 12:08				
Heat: 8/17 Lane : 3 Athlete: VAN BOCKSTAL YOANNA					Q-time: 00:31:11				
PB (50m pool): 00:31.11 Brugge 25/01/2026					PB (25m pool): 00:30.87 SB: 00:31.11 Brugge 25/01/2026				
	5 0 M								
PB	00:31.11								
	00:31.11								
									

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+					Heat:14, starttime: 12:14				
Heat: 14/17 Lane : 8 Athlete: WILLAERT AYLA					Q-time: 00:29:92				
PB (50m pool): 00:29.92 Brugge 23/02/2025					PB (25m pool): 00:29.89 SB: 00:31.04 Brugge 25/01/2026				
	5 0 M								
PB	00:29.92								
	00:29.92								
									

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:3, starttime: 12:25
Heat: 3/19 Lane : 2 Athlete: KEUSTERMANS LARD				Q-time: 02:29:52	
PB (50m pool): 02:30.29 Antwerpen 19/04/2026			PB (25m pool): 02:30.53SB: 02:30.29 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.98	01:12.36	01:55.39	02:30.29	
	00:32.98	00:39.38	00:43.03	00:34.90	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:18, starttime: 13:09
Heat: 18/19 Lane : 1 Athlete: OST RYAN				Q-time: 02:16:19	
PB (50m pool): 02:16.19 Brugge 23/02/2025			PB (25m pool): 02:15.47 SB: 02:19.68 Antwerpen 17/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.06	01:04.48	01:44.29	02:16.19	
	00:29.06	00:35.42	00:39.81	00:31.90	
					

Coach feedback: