

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

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

Coaches: De Cuyper Tibo

Coaches: Gullentops Axel

Coaches: Pieters Jana

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:13, starttime: 09:44
Heat: 13/13 Lane : 4 Athlete: BERGES JENS				Q-time: 00:25:82
PB (50m pool): 00:25.82 Antwerpen 17/05/2026		PB (25m pool): 00:24.54 SB: 00:25.82 Antwerpen 17/05/2026		
	5 0 M			
PB	00:25.82			
	00:25.82			
				

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 15+					Heat:5, starttime: 10:25
Heat: 5/5 Lane : 6 Athlete: LEIRS BAVO					Q-time: 02:12:62
PB (50m pool): 02:12.62 Antwerpen 22/03/2026		PB (25m pool): 02:08.32 SB: 02:12.62 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.35	01:01.63	01:36.83	02:12.62	
	00:28.35	00:33.28	00:35.20	00:35.79	
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+				Heat:5, starttime: 10:37
Heat: 5/12 Lane : 7 Athlete: VAN LOOY ANKE				Q-time: 01:12:70
PB (50m pool): 01:12.70 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): 01:09.26 SB: 01:12.70 Olympic Pool Wezenberg, Antwer 29/03/2026		
	5 0 M	1 0 0 M		
PB	00:34.96	01:12.70		
	00:34.96	00:37.74		
				

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 15+				Heat:8, starttime: 11:40	
Heat: 8/11 Lane : 5 Athlete: STRUYF LIESELOT				Q-time: 01:17:05	
PB (50m pool): 01:16.88 Antwerpen 28/07/2024				PB (25m pool): 01:13.92 SB: 01:19.51 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M			
PB	no time	01:16.88			
	no time				
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:15, starttime: 12:15	
Heat: 15/17 Lane : 7 Athlete: ROMBOUT LISA				Q-time: 00:28:93	
PB (50m pool): 00:28.78 Antwerpen 28/07/2024				PB (25m pool): 00:28.36 SB: 00:28.93 Antwerpen 22/03/2026	
	5 0 M				
PB	00:28.78				
	00:28.78				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+				Heat:9, starttime: 12:43	
Heat: 9/19 Lane : 5 Athlete: DE CUYPER LENS				Q-time: 02:24:12	
PB (50m pool): 02:24.12 Antwerpen 19/04/2026				PB (25m pool): 02:18.39 SB: 02:24.12 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.10	01:07.54	01:50.57	02:24.12	
	00:30.10	00:37.44	00:43.03	00:33.55	
					

Coach feedback: