

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

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

Coaches: Vandeputte Debby

Coaches: Demeyere Linda

PB => Personal Best time

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

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:2, starttime: 09:01	
Heat: 2/5 Lane : 5 Athlete: SCHACHT HANNE							Q-time: 05:32:59	
PB (50m pool): 05:32.59 Antwerpen 20/07/2025				PB (25m pool): 05:22.78SB: no time				
	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	00:36.31	01:19.00	02:01.41	02:42.66	03:30.15	04:17.15	04:55.32	05:32.59
	00:36.31	00:42.69	00:42.41	00:41.25	00:47.49	00:47.00	00:38.17	00:37.27
								

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+							Heat:1, starttime: 10:28	
Heat: 1/12 Lane : 4 Athlete: SCHACHT HANNE							Q-time: 01:14:15	
PB (50m pool): 01:14.15 Antwerpen 20/07/2025				PB (25m pool): 01:11.14SB: 01:17.12 Lago Kortrijk Weide 03/05/2026				
	5 0 M		1 0 0 M					
PB	00:35.81		01:14.15					
	00:35.81		00:38.34					
								

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+							Heat:2, starttime: 11:29	
Heat: 2/11 Lane : 1 Athlete: SCHACHT HANNE							Q-time: 01:23:54	
PB (50m pool): 01:23.54 Antwerpen 20/07/2025				PB (25m pool): 01:19.25 SB: 01:24.80 Lago Kortrijk Weide 03/05/2026				
	5 0 M	1 0 0 M						
PB	00:39.17	01:23.54						
	00:39.17	00:44.37						
								

Coach feedback: