

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

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

Coaches: Daniels Filip

Coaches: Van Herzeele Peggy HEADCOACH

PB => Personal Best time

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

Event number: 23: 100M BACKSTROKE WOMEN 15+

Heat:6, starttime: 10:40

Heat: 6/12 Lane : 4 Athlete: LAUWERS SOFIE

Q-time: 01:11:24

PB (50m pool): 01:11.24 Sportoase De Watermolen 24/05/2026 PB (25m pool): 01:12.44 SB: 01:11.24 Sportoase De Watermolen 24/05/2026

	5 0 M	1 0 0 M	
PB	00:35.03	01:11.24	
	00:35.03	00:36.21	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+

Heat:8, starttime: 11:05

Heat: 8/22 Lane : 5 Athlete: SAZONOV FEDOR

Q-time: 00:57:46

PB (50m pool): 00:57.46 Wezenberg 01/02/2026 PB (25m pool): 00:56.47 SB: 00:57.46 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:28.14	00:57.46	
	00:28.14	00:29.32	
			

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+

Heat:2, starttime: 12:22

Heat: 2/19 Lane : 6 Athlete: STABEL JASPER

Q-time: 02:30:72

PB (50m pool): 02:30.72 Sportoase De Watermolen 24/05/2026 PB (25m pool): 02:28.52 SB: 02:30.72 Sportoase De Watermolen 24/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.70	01:11.17	01:56.32	02:30.72	
	00:30.70	00:40.47	00:45.15	00:34.40	
					

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+				Heat:14, starttime: 12:57	
Heat: 14/19 Lane : 5 Athlete: SAZONOV FEDOR				Q-time: 02:20:20	
PB (50m pool): 02:21.38 Wezenberg 05/01/2025				PB (25m pool): 02:13.56 SB: 02:22.39 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.82	01:07.82	01:49.04	02:21.38	
	00:30.82	00:37.00	00:41.22	00:32.34	
					

Coach feedback: