

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

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

Coaches: Spincemaille Laura

Coaches: Mabbe Andy HEADCOACH

Coaches: Heyligen Bert

PB => Personal Best time

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

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:2, starttime: 10:31
Heat: 2/12 Lane : 4 Athlete: BONASSI HÉLÈNE			Q-time: 01:13:68
PB (50m pool): 01:13.68 Antwerpen 20/07/2025			PB (25m pool): 01:09.30 SB: 01:13.69 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:35.53	01:13.68	
	00:35.53	00:38.15	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:3, starttime: 10:58
Heat: 3/22 Lane : 1 Athlete: DEMEYERE LARS			Q-time: 00:59:68
PB (50m pool): 00:59.68 Antwerpen 08/03/2026			PB (25m pool): 00:57.40 SB: 00:59.68 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:28.82	00:59.68	
	00:28.82	00:30.86	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:3, starttime: 10:58
Heat: 3/22 Lane : 2 Athlete: BALCAEN SANDER			Q-time: 00:59:42
PB (50m pool): 00:59.42 Luxembourg - Kirchberg 15/03/2026			PB (25m pool): 00:57.43 SB: 00:59.42 Luxembourg - Kirchberg 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.15	00:59.42	
	00:29.15	00:30.27	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+				Heat:13, starttime: 11:13			
Heat: 13/22 Lane : 4 Athlete: BEUNENS ILIAN				Q-time: 00:56:20			
PB (50m pool): 00:56.20 Antwerpen 15/03/2026				PB (25m pool): 00:54.11 SB: 00:56.20 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M					
PB	00:26.68	00:56.20					
	00:26.68	00:29.52					
							

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+				Heat:21, starttime: 11:24			
Heat: 21/22 Lane : 4 Athlete: MABBE ELIAN				Q-time: 00:51:14			
PB (50m pool): 00:51.14 Brugge 01/02/2026				PB (25m pool): 00:49.79 SB: 00:51.14 Brugge 01/02/2026			
	5 0 M	1 0 0 M					
PB	00:24.73	00:51.14					
	00:24.73	00:26.41					
							

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+				Heat:12, starttime: 12:00			
Heat: 12/12 Lane : 3 Athlete: VANDENDORPE EMILE				Q-time: 00:29:95			
PB (50m pool): 00:29.95 Antwerpen 17/05/2026				PB (25m pool): 00:29.49 SB: 00:29.95 Antwerpen 17/05/2026			
	5 0 M						
PB	00:29.95						
	00:29.95						
							

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+				Heat:4, starttime: 12:28			
Heat: 4/19 Lane : 5 Athlete: BALCAEN SANDER				Q-time: 02:28:10			
PB (50m pool): 02:28.10 Antwerpen 08/03/2026				PB (25m pool): 02:20.93 SB: 02:28.10 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M			
PB	00:31.19	01:09.13	01:54.16	02:28.10			
	00:31.19	00:37.94	00:45.03	00:33.94			
							

Coach feedback: