

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

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

Coaches: Fobelets Jos

Coaches: Mertens Wenke

Coaches: Verstappen Emma

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:6, starttime: 09:33	
Heat: 6/13 Lane : 5 Athlete: SLUYTS TIBE				Q-time: 00:29:87	
PB (50m pool): 00:29.87 Wezenberg 01/02/2026				PB (25m pool): 00:30.43 SB: 00:29.87 Wezenberg 01/02/2026	
PB	5 0 M				
	00:29.87				
	00:29.87				
					

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:13, starttime: 09:44	
Heat: 13/13 Lane : 8 Athlete: VAN WAELDEREN THOMAS				Q-time: 00:28:99	
PB (50m pool): 00:28.99 Antwerpen 22/03/2026				PB (25m pool): 00:27.41 SB: 00:28.99 Antwerpen 22/03/2026	
PB	5 0 M				
	00:28.99				
	00:28.99				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+				Heat:6, starttime: 09:59	
Heat: 6/10 Lane : 7 Athlete: VINGERHOETS MADELIEF				Q-time: 02:15:59	
PB (50m pool): 02:15.59 SportinGenk Park 24/05/2026				PB (25m pool): no time SB: 02:15.59 SportinGenk Park 24/05/2026	
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	00:31.76	01:06.74	01:41.85	02:15.59	
	00:31.76	00:34.98	00:35.11	00:33.74	
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:2, starttime: 10:31
Heat: 2/12 Lane : 1 Athlete: VAN AERSCHOT NEL			Q-time: 01:14:04
PB (50m pool): 01:14.04 Wezenberg 01/02/2026			PB (25m pool): 01:11.63 SB: 01:14.04 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.74	01:14.04	
	00:35.74	00:38.30	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:2, starttime: 10:31
Heat: 2/12 Lane : 7 Athlete: LAUREYS XANTE			Q-time: 01:13:93
PB (50m pool): 01:13.93 Antwerpen 27/07/2025			PB (25m pool): 01:14.44 SB: 01:15.53 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.38	01:13.93	
	00:36.38	00:37.55	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:4, starttime: 10:59
Heat: 4/22 Lane : 2 Athlete: SLUYTS TIBE			Q-time: 00:58:68
PB (50m pool): 00:58.68 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 00:58.09 SB: 00:58.68 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:27.94	00:58.68	
	00:27.94	00:30.74	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:8, starttime: 11:05
Heat: 8/22 Lane : 4 Athlete: SLUYTS JENNE			Q-time: 00:57:38
PB (50m pool): 00:57.38 Antwerpen 15/03/2026			PB (25m pool): 00:57.28 SB: 00:57.38 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:27.23	00:57.38	
	00:27.23	00:30.15	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:20, starttime: 11:23
Heat: 20/22 Lane : 8 Athlete: VAN WAELDEREN THOMAS			Q-time: 00:53:78
PB (50m pool): 00:53.78 Antwerpen 22/03/2026			PB (25m pool): 00:52.02 SB: 00:53.78 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:25.77	00:53.78	
	00:25.77	00:28.01	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:5, starttime: 11:35
Heat: 5/11 Lane : 8 Athlete: VINGERHOETS MADELIEF			Q-time: 01:20:92
PB (50m pool): 01:20.92 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:18.60 SB: 01:20.92 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:37.18	01:20.92	
	00:37.18	00:43.74	
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:10, starttime: 11:58
Heat: 10/12 Lane : 2 Athlete: VAN WAELDEREN THOMAS			Q-time: 00:30:95
PB (50m pool): 00:30.95 Antwerpen 17/05/2026			PB (25m pool): 00:30.32 SB: 00:30.95 Antwerpen 17/05/2026
	5 0 M		
PB	00:30.95		
	00:30.95		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:2, starttime: 12:02
Heat: 2/17 Lane : 2 Athlete: VAN AERSCHOT NEL			Q-time: 00:32:40
PB (50m pool): 00:32.40 Antwerpen 15/03/2026			PB (25m pool): 00:32.42 SB: 00:32.40 Antwerpen 15/03/2026
	5 0 M		
PB	00:32.40		
	00:32.40		
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+							Heat:10, starttime: 12:10		
Heat: 10/17 Lane : 4 Athlete: LEMMENS FEBE							Q-time: 00:30:73		
PB (50m pool): 00:30.73 Antwerpen 15/03/2026							PB (25m pool): 00:30.78 SB: 00:30.73 Antwerpen 15/03/2026		
	5 0 M								
PB	00:30.73								
	00:30.73								
									

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:6, starttime: 12:34
Heat: 6/19 Lane : 8 Athlete: SLUYTS TIBE				Q-time: 02:27:26	
PB (50m pool): 02:27.26 Antwerpen 08/03/2026			PB (25m pool): 02:26.82 SB: 02:27.26 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.21	01:08.17	01:54.80	02:27.26	
	00:31.21	00:36.96	00:46.63	00:32.46	
					

Coach feedback: