

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

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

Coaches: Debeuckelaere Sindy HEADCOACH

Coaches: Tieghem Kristof

PB => Personal Best time

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

Event number: 19: 400M MEDLEY WOMEN 15-18 Heat:1, starttime: 08:55

Heat: 1/5 Lane : 1 Athlete: NOTREDAME INE Q-time: 05:40:29

PB (50m pool): 05:40.29 Antwerpen 27/07/2025 PB (25m pool): 05:31.99 SB: 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	00:36.14	01:18.92	02:03.29	02:44.10	03:34.90	04:25.54	05:05.07	05:40.29
	00:36.14	00:42.78	00:44.37	00:40.81	00:50.80	00:50.64	00:39.53	00:35.22
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+ Heat:5, starttime: 09:32

Heat: 5/13 Lane : 1 Athlete: EECKHOUT SIEBEN Q-time: 00:30:14

PB (50m pool): 00:30.14 Antwerpen 15/03/2026 PB (25m pool): 00:29.30 SB: 00:30.14 Antwerpen 15/03/2026

	5 0 M	
PB	00:30.14	
	00:30.14	
		

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+ Heat:5, starttime: 09:32

Heat: 5/13 Lane : 3 Athlete: PLOVIE FLYNN Q-time: 00:30:09

PB (50m pool): 00:30.09 Brugge 14/02/2026 PB (25m pool): 00:29.39 SB: 00:30.09 Brugge 14/02/2026

	5 0 M	
PB	00:30.09	
	00:30.09	
		

Coach feedback:

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Event number: 20: 50M BACKSTROKE MEN 15+			Heat:6, starttime: 09:33
Heat: 6/13 Lane : 8 Athlete: THYVELEN WOUT			Q-time: 00:30:02
PB (50m pool): 00:30.02 Brugge 23/02/2025			PB (25m pool): 00:29.15 SB: 00:30.23 Brugge 01/02/2026
	5 0 M		
PB	00:30.02		
	00:30.02		
			

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+			Heat:12, starttime: 09:42
Heat: 12/13 Lane : 6 Athlete: DE CRAEMER CAS			Q-time: 00:27:98
PB (50m pool): 00:27.98 Brugge 14/02/2026			PB (25m pool): 00:27.14 SB: 00:27.98 Brugge 14/02/2026
	5 0 M		
PB	00:27.98		
	00:27.98		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:6, starttime: 10:40
Heat: 6/12 Lane : 8 Athlete: NOTREDAME INE			Q-time: 01:12:25
PB (50m pool): 01:12.25 Antwerp 09/02/2025			PB (25m pool): 01:09.34 SB: 01:12.97 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:12.25	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:8, starttime: 10:44
Heat: 8/12 Lane : 5 Athlete: MIGOM LOBKE			Q-time: 01:09:87
PB (50m pool): 01:09.87 Brugge 01/02/2026			PB (25m pool): 01:06.74 SB: 01:09.87 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.74	01:09.87	
	00:33.74	00:36.13	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:17, starttime: 11:18
Heat: 17/22 Lane : 2 Athlete: DE CRAEMER CAS			Q-time: 00:55:09
PB (50m pool): 00:55.09 Antwerpen 22/03/2026			PB (25m pool): 00:53.05 SB: 00:55.09 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:26.25	00:55.09	
	00:26.25	00:28.84	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:3, starttime: 11:31
Heat: 3/11 Lane : 8 Athlete: BOUTTELEGIER ANAÏS			Q-time: 01:22:56
PB (50m pool): 01:21.15 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 01:18.48 SB: 01:22.56 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:21.15	
	no time		
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:6, starttime: 11:37
Heat: 6/11 Lane : 7 Athlete: EECKHOUT FLEUR			Q-time: 01:20:15
PB (50m pool): 01:20.15 Antwerp 09/02/2025			PB (25m pool): 01:15.53 SB: 01:21.64 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:37.44	01:20.15	
	00:37.44	00:42.71	
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:9, starttime: 11:56
Heat: 9/12 Lane : 2 Athlete: THYVELEN WOUT			Q-time: 00:31:41
PB (50m pool): 00:31.16 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 00:30.58 SB: 00:31.41 Antwerpen 15/03/2026
	5 0 M		
PB	00:31.16		
	00:31.16		
			

Coach feedback:

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Event number: 26: 50M BREASTSTROKE MEN 15+										Heat:10, starttime: 11:58																														
Heat: 10/12 Lane : 8 Athlete: DELPORTE NIO																				Q-time: 00:31:26																				
PB (50m pool): 00:31.26 Antwerpen 15/03/2026																				PB (25m pool): 00:30.45 SB: 00:31.26 Antwerpen 15/03/2026																				
	5 0 M																																							
PB	00:31.26																																							
	00:31.26																																							
																																								

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:7, starttime: 12:07																													
Heat: 7/17																				Lane : 8					Athlete: BOUTTELEGIER ANAïs										Q-time: 00:31:38				
PB (50m pool): 00:31.38										Antwerpen 15/03/2026										PB (25m pool): 00:31.58										SB: 00:31.38					Antwerpen 15/03/2026				
	5 0 M																																						
PB	00:31.38																																						
	00:31.38																																						
																																							

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:11, starttime: 12:11																													
Heat: 11/17 Lane : 2 Athlete: MIGOM LOBKE																				Q-time: 00:30:62																			
PB (50m pool): 00:30.62 Brugge 25/01/2026																				PB (25m pool): 00:30.89SB: 00:30.62 Brugge 25/01/2026																			
	5 0 M																																						
PB	00:30.62																																						
	00:30.62																																						
																																							

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:12, starttime: 12:12																				
Heat: 12/17										Lane : 4					Athlete: EECKHOUT FLEUR										Q-time: 00:30:14					
PB (50m pool): 00:30.14										Brugge 25/01/2026					PB (25m pool): 00:29.54										SB: 00:30.14 Brugge 25/01/2026					
	5 0 M																													
PB	00:30.14																													
	00:30.14																													
																														

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+					Heat:4, starttime: 12:28
Heat: 4/19 Lane : 6 Athlete: PLOVIE FLYNN					Q-time: 02:28:45
PB (50m pool): 02:28.45 Antwerpen 27/07/2025					PB (25m pool): 02:29.05 SB: 02:29.06 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.10	01:07.60	01:53.12	02:28.45	
	00:31.10	00:36.50	00:45.52	00:35.33	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:10, starttime: 12:46
Heat: 10/19 Lane : 7 Athlete: EECKHOUT SIEBEN					Q-time: 02:23:77
PB (50m pool): 02:23.77 Antwerpen 27/07/2025					PB (25m pool): 02:18.52 SB: 02:25.91 Brugge 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.01	01:05.95	01:49.37	02:23.77	
	00:29.01	00:36.94	00:43.42	00:34.40	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:13, starttime: 12:54
Heat: 13/19 Lane : 4 Athlete: DELPORTE NIO					Q-time: 02:20:68
PB (50m pool): 02:20.68 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 02:16.14 SB: 02:20.68 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.74	01:10.80	01:49.73	02:20.68	
	00:31.74	00:39.06	00:38.93	00:30.95	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:13, starttime: 12:54
Heat: 13/19 Lane : 6 Athlete: THYVELEN WOUT					Q-time: 02:21:56
PB (50m pool): 02:16.52 Zwembad Brigitte Becue Oostend 10/09/2025					PB (25m pool): 02:12.04 SB: 02:21.56 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:16.52	
	no time				
					

Coach feedback: