

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

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

Coaches: Okens Jari

Coaches: Van Den Broeck Dennis

PB => Personal Best time

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

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:5, starttime: 09:57
Heat: 5/10 Lane : 6 Athlete: GEENS AMÉLIE					Q-time: 02:16:66
PB (50m pool): 02:16.66 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:13.92 SB: 02:16.85 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.48	01:06.01	01:41.69	02:16.66	
	00:31.48	00:34.53	00:35.68	00:34.97	
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+					Heat:9, starttime: 10:46
Heat: 9/12 Lane : 2 Athlete: GEENS AMÉLIE					Q-time: 01:09:39
PB (50m pool): 01:09.39 Antwerpen 22/03/2026 PB (25m pool): 01:07.62 SB: 01:09.39 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M			
PB	00:32.84	01:09.39			
	00:32.84	00:36.55			
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+					Heat:11, starttime: 10:50
Heat: 11/12 Lane : 2 Athlete: DALEMANS LYN					Q-time: 01:07:50
PB (50m pool): 01:07.50 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:05.62 SB: 01:07.50 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:32.70	01:07.50			
	00:32.70	00:34.80			
					

Coach feedback:

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Event number: 26: 50M BREASTSTROKE MEN 15+							Heat:5, starttime: 11:52		
Heat: 5/12 Lane : 4 Athlete: BAKX WARRE							Q-time: 00:32:52		
PB (50m pool): 00:32.52 Antwerpen 08/03/2026							PB (25m pool): 00:31.71 SB: 00:32.52 Antwerpen 08/03/2026		
	5 0 M								
PB	00:32.52								
	00:32.52								
									

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+							Heat:4, starttime: 12:04		
Heat: 4/17 Lane : 1 Athlete: GEENS AMÉLIE							Q-time: 00:31:88		
PB (50m pool): 00:31.88 Gent 08/02/2026				PB (25m pool): 00:31.23SB: 00:31.88 Gent 08/02/2026					
	5 0 M								
PB	00:31.88								
	00:31.88								
									

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+							Heat:16, starttime: 12:16		
Heat: 16/17 Lane : 7 Athlete: DALEMANS LYN							Q-time: 00:28:90		
PB (50m pool): 00:28.90 Antwerpen 27/07/2025							PB (25m pool): 00:28.98SB: 00:29.15 Antwerpen 17/05/2026		
	5 0 M								
PB	00:28.90								
	00:28.90								
									

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:5, starttime: 12:31
Heat: 5/19 Lane : 8 Athlete: BAKX WARRE					Q-time: 02:28:04
PB (50m pool): 02:28.04 Antwerpen 27/07/2025			PB (25m pool): 02:19.74SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.94	01:10.12	01:52.49	02:28.04	
	00:29.94	00:40.18	00:42.37	00:35.55	
					

Coach feedback: