

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

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

Coaches: Wauters Tine HEADCOACH

Coaches: Akkers Mieke

Coaches: Callebaut Joris

Coaches: Van Opstal Wendy

PB => Personal Best time

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

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:2, starttime: 09:01	
Heat: 2/5 Lane : 3 Athlete: BOHMER JANNE							Q-time: 05:33:37	
PB (50m pool): 05:33.37 Antwerpen 08/03/2026			PB (25m pool): 05:25.58SB: 05:33.37 Antwerpen 08/03/2026					
	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	00:34.63	01:15.00	01:59.86	02:42.37	03:32.01	04:20.69	04:58.49	05:33.37
	00:34.63	00:40.37	00:44.86	00:42.51	00:49.64	00:48.68	00:37.80	00:34.88
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+										Heat:5, starttime: 09:32	
Heat: 5/13 Lane : 8 Athlete: DECALUWé GEORGES										Q-time: 00:30:14	
PB (50m pool): 00:30.14 Antwerpen 22/03/2026										PB (25m pool): 00:29.33 SB: 00:30.14 Antwerpen 22/03/2026	
	5 0 M										
PB	00:30.14										
	00:30.14										
											

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+							Heat:3, starttime: 09:51	
Heat: 3/10 Lane : 6 Athlete: THIJS MAAIKE							Q-time: 02:18:33	
PB (50m pool): 02:18.33 Antwerpen 08/03/2026				PB (25m pool): 02:19.28SB: 02:18.33 Antwerpen 08/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:32.32	01:07.73	01:43.39	02:18.33				
	00:32.32	00:35.41	00:35.66	00:34.94				
								

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:4, starttime: 10:35
Heat: 4/12 Lane : 7 Athlete: BOHMER JANNE			Q-time: 01:12:94
PB (50m pool): 01:12.94 Antwerpen 08/03/2026			PB (25m pool): 01:10.41 SB: 01:12.94 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.89	01:12.94	
	00:34.89	00:38.05	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:7, starttime: 11:04
Heat: 7/22 Lane : 5 Athlete: DECALUWé GEORGES			Q-time: 00:57:77
PB (50m pool): 00:57.77 Antwerpen 27/07/2025			PB (25m pool): 00:56.39 SB: 00:57.84 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:28.01	00:57.77	
	00:28.01	00:29.76	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:10, starttime: 11:08
Heat: 10/22 Lane : 7 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:57:10
PB (50m pool): 00:57.10 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 00:55.72 SB: 00:57.10 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:27.61	00:57.10	
	00:27.61	00:29.49	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:17, starttime: 11:18
Heat: 17/22 Lane : 8 Athlete: GEENS DRé			Q-time: 00:55:27
PB (50m pool): 00:55.27 Antwerpen 15/03/2026			PB (25m pool): 00:54.83 SB: 00:55.27 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:26.32	00:55.27	
	00:26.32	00:28.95	
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:6, starttime: 11:37
Heat: 6/11 Lane : 4 Athlete: UYTTERHOEVEN FLO			Q-time: 01:19:50
PB (50m pool): 01:19.50 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:17.31 SB: 01:19.50 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:37.45	01:19.50	
	00:37.45	00:42.05	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:8, starttime: 11:40
Heat: 8/11 Lane : 3 Athlete: VERELST LAURA			Q-time: 01:17:43
PB (50m pool): 01:17.43 Antwerpen 08/03/2026 PB (25m pool): 01:15.60 SB: 01:17.43 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:36.61	01:17.43	
	00:36.61	00:40.82	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:11, starttime: 11:46
Heat: 11/11 Lane : 2 Athlete: CAES OONE			Q-time: 01:14:93
PB (50m pool): 01:14.93 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:11.90 SB: 01:14.93 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:34.66	01:14.93	
	00:34.66	00:40.27	
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:5, starttime: 11:52
Heat: 5/12 Lane : 6 Athlete: GEENS DRé			Q-time: 00:32:60
PB (50m pool): 00:32.60 Antwerpen 15/03/2026 PB (25m pool): 00:31.99 SB: 00:32.60 Antwerpen 15/03/2026			
	5 0 M		
PB	00:32.60		
	00:32.60		
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+							Heat:6, starttime: 12:06		
Heat: 6/17 Lane : 1 Athlete: VERELST LAURA							Q-time: 00:31:50		
PB (50m pool): 00:31.50 Antwerpen 08/03/2026				PB (25m pool): 00:30.75 SB: 00:31.50 Antwerpen 08/03/2026					
	5 0 M								
PB	00:31.50								
	00:31.50								
									

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+							Heat:9, starttime: 12:09		
Heat: 9/17 Lane : 3 Athlete: CAES OONE							Q-time: 00:30:96		
PB (50m pool): 00:30.96 Antwerpen 22/03/2026				PB (25m pool): 00:30.45 SB: 00:30.96 Antwerpen 22/03/2026					
	5 0 M								
PB	00:30.96								
	00:30.96								
									

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+							Heat:12, starttime: 12:12		
Heat: 12/17 Lane : 8 Athlete: THIJS MAAIKE							Q-time: 00:30:36		
PB (50m pool): 00:30.36 Antwerpen 08/03/2026				PB (25m pool): 00:30.73 SB: 00:30.36 Antwerpen 08/03/2026					
	5 0 M								
PB	00:30.36								
	00:30.36								
									

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:8, starttime: 12:40	
Heat: 8/19 Lane : 8 Athlete: VAN GRUNDERBEECK BAS					Q-time: 02:25:47	
PB (50m pool): 02:25.47 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:21.75 SB: 02:25.47 Zwembad Brigitte Becue 26/04/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:30.55	01:07.87	01:52.26	02:25.47		
	00:30.55	00:37.32	00:44.39	00:33.21		
						

Coach feedback: