

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

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

Coaches: Claes Cédric HEADCOACH

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+		Heat:7, starttime: 09:35
Heat: 7/13 Lane : 1 Athlete: SIMONS VIC		Q-time: 00:29:83
PB (50m pool): 00:29.83 Antwerpen 27/07/2025		PB (25m pool): 00:28.30 SB: 00:30.43 Genk 01/02/2026
	5 0 M	
PB	00:29.83	
	00:29.83	
		

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+		Heat:8, starttime: 10:44
Heat: 8/12 Lane : 6 Athlete: ROOX AMÉLIE		Q-time: 01:10:07
PB (50m pool): 01:09.87 Antwerpen 21/04/2024		PB (25m pool): 01:07.47 SB: 01:10.07 Antwerpen 22/03/2026
	5 0 M	1 0 0 M
PB	no time	01:09.87
	no time	
		

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+		Heat:15, starttime: 11:15
Heat: 15/22 Lane : 6 Athlete: SIMONS VIC		Q-time: 00:55:87
PB (50m pool): 00:55.87 Antwerpen 27/07/2025		PB (25m pool): 00:54.78 SB: no time
	5 0 M	1 0 0 M
PB	00:27.01	00:55.87
	00:27.01	00:28.86
		

Coach feedback:

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Event number: 26: 50M BREASTSTROKE MEN 15+						Heat:1, starttime: 11:48	
Heat: 1/12 Lane : 2 Athlete: JANS SEN						Q-time: 00:34:85	
PB (50m pool): 00:34.85 Antwerpen 15/03/2026						PB (25m pool): 00:33.70SB: 00:34.85 Antwerpen 15/03/2026	
	5 0 M						
PB	00:34.85						
	00:34.85						
							

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+										Heat:4, starttime: 11:51																				
Heat: 4/12 Lane : 7 Athlete: SWENNEN LARS																				Q-time: 00:33:08										
PB (50m pool): 00:33.08 Antwerpen 27/07/2025										PB (25m pool): 00:32.24SB: 00:33.36 Genk 01/02/2026																				
	5 0 M																													
PB	00:33.08																													
	00:33.08																													
																														

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+										Heat:7, starttime: 11:54																				
Heat: 7/12 Lane : 3 Athlete: MOERMANS TIJMEN																				Q-time: 00:32:20										
PB (50m pool): 00:32.20 Antwerpen 22/03/2026										PB (25m pool): 00:31.99SB: 00:32.20 Antwerpen 22/03/2026																				
	5 0 M																													
PB	00:32.20																													
	00:32.20																													
																														

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+							Heat:7, starttime: 12:07		
Heat: 7/17 Lane : 4 Athlete: ROOX AMÉLIE							Q-time: 00:31:16		
PB (50m pool): 00:31.16 SportinGenk Park 06/04/2026							PB (25m pool): 00:30.72SB: 00:31.16 SportinGenk Park 06/04/2026		
	5 0 M								
PB	00:31.16								
	00:31.16								
									

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:12, starttime: 12:12																				
Heat: 12/17 Lane : 1 Athlete: MULLENS JULE																				Q-time: 00:30:35										
PB (50m pool): 00:30.35 Antwerpen 15/03/2026										PB (25m pool): 00:30.52 SB: 00:30.35 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:30.35																													
	00:30.35																													
																														

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+				Heat:10, starttime: 12:46	
Heat: 10/19 Lane : 6 Athlete: SIMONS VIC				Q-time: 02:23:50	
PB (50m pool): 02:23.50 Antwerpen 27/07/2025				PB (25m pool): 02:17.67 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.78	01:07.44	01:51.39	02:23.50	
	00:30.78	00:36.66	00:43.95	00:32.11	
					

Coach feedback: