

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

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

Coaches: Segers Ellen HEADCOACH

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:3, starttime: 08:40	
Heat: 3/5 Lane : 7 Athlete: PERSOONS EMIEL							Q-time: 04:25:64	
PB (50m pool): 04:25.64 Molenbeek 01/02/2026			PB (25m pool): 04:20.36 SB: 04:25.64 Molenbeek 01/02/2026					
	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	no time	01:04.20	no time	02:12.61	no time	no time	no time	04:25.64
	no time							
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+										Heat:8, starttime: 09:36	
Heat: 8/13 Lane : 1 Athlete: VOLCKAERT MATTHIAS										Q-time: 00:29:65	
PB (50m pool): 00:29.65 Antwerpen 17/05/2026					PB (25m pool): 00:28.43SB: 00:29.65 Antwerpen 17/05/2026						
	5 0 M										
PB	00:29.65										
	00:29.65										
											

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+										Heat:10, starttime: 09:39																			
Heat: 10/13 Lane : 5 Athlete: VERROKEN GERBEN																				Q-time: 00:29:11									
PB (50m pool): 00:29.11 Aalst 26/04/2026										PB (25m pool): 00:28.76 SB: 00:29.11 Aalst 26/04/2026																			
	5 0 M																												
PB	00:29.11																												
	00:29.11																												
																													

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:4, starttime: 09:54
Heat: 4/10 Lane : 5 Athlete: LANDRIEU NORA					Q-time: 02:17:28
PB (50m pool): 02:17.28 Antwerpen 08/03/2026			PB (25m pool): 02:13.48 SB: 02:17.28 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.48	01:06.15	01:42.08	02:17.28	
	00:31.48	00:34.67	00:35.93	00:35.20	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:7, starttime: 10:02
Heat: 7/10 Lane : 5 Athlete: DE BACKER BIRGIT					Q-time: 02:12:98
PB (50m pool): 02:12.98 Antwerpen 22/03/2026			PB (25m pool): 02:08.98 SB: 02:12.98 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.75	01:04.69	01:39.07	02:12.98	
	00:30.75	00:33.94	00:34.38	00:33.91	
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+					Heat:5, starttime: 11:01
Heat: 5/22 Lane : 7 Athlete: VOLCKAERT THOMAS					Q-time: 00:58:31
PB (50m pool): 00:58.31 Aalst 26/04/2026			PB (25m pool): 00:57.14 SB: 00:58.31 Aalst 26/04/2026		
	5 0 M	1 0 0 M			
PB	00:27.99	00:58.31			
	00:27.99	00:30.32			
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+					Heat:13, starttime: 11:13
Heat: 13/22 Lane : 8 Athlete: VOLCKAERT MATTHIAS					Q-time: 00:56:42
PB (50m pool): 00:56.42 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 00:54.38 SB: 00:56.42 Olympic Pool Wezenberg, Antwer 29/03/2026		
	5 0 M	1 0 0 M			
PB	00:26.76	00:56.42			
	00:26.76	00:29.66			
					

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:18, starttime: 11:20
Heat: 18/22 Lane : 8 Athlete: VERROKEN GERBEN			Q-time: 00:54:82
PB (50m pool): 00:54.82 Antwerpen 27/07/2025			PB (25m pool): 00:53.21 SB: 00:55.07 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:26.16	00:54.82	
	00:26.16	00:28.66	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:11, starttime: 11:46
Heat: 11/11 Lane : 1 Athlete: DONIN MANON			Q-time: 01:15:69
PB (50m pool): 01:15.69 Antwerpen 27/07/2025			PB (25m pool): 01:14.91 SB: 01:17.68 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:34.83	01:15.69	
	00:34.83	00:40.86	
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:4, starttime: 11:51
Heat: 4/12 Lane : 3 Athlete: DE PEYPER MATS			Q-time: 00:32:93
PB (50m pool): 00:32.93 Molenbeek 01/02/2026			PB (25m pool): 00:31.96 SB: 00:32.93 Molenbeek 01/02/2026
	5 0 M		
PB	00:32.93		
	00:32.93		
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:5, starttime: 11:52
Heat: 5/12 Lane : 8 Athlete: DE PEYPER NOAH			Q-time: 00:32:81
PB (50m pool): 00:32.81 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 00:31.57 SB: 00:33.22 Antwerpen 17/05/2026
	5 0 M		
PB	00:32.81		
	00:32.81		
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:4, starttime: 12:04	
Heat: 4/17 Lane : 5 Athlete: LANDRIEU NORA				Q-time: 00:31:73	
PB (50m pool): 00:31.73 Aalst 26/04/2026				PB (25m pool): 00:31.13 SB: 00:31.73 Aalst 26/04/2026	
	5 0 M				
PB	00:31.73				
	00:31.73				
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:6, starttime: 12:06	
Heat: 6/17 Lane : 2 Athlete: DONIN MANON				Q-time: 00:31:42	
PB (50m pool): 00:31.17 Gent (Rozebroeken) 03/03/2024				PB (25m pool): 00:30.53 SB: 00:32.52 Molenbeek 01/02/2026	
	5 0 M				
PB	00:31.17				
	00:31.17				
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:11, starttime: 12:11	
Heat: 11/17 Lane : 6 Athlete: DE BACKER BIRGIT				Q-time: 00:30:60	
PB (50m pool): 00:30.60 Antwerpen 27/04/2025				PB (25m pool): 00:30.36 SB: 00:31.56 Antwerpen 22/03/2026	
	5 0 M				
PB	00:30.60				
	00:30.60				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:1, starttime: 12:19	
Heat: 1/19 Lane : 5 Athlete: DE PEYPER MATS					Q-time: 02:31:90	
PB (50m pool): 02:31.90 Sportoase De Watermolen 24/05/2026					PB (25m pool): 02:24.75 SB: 02:31.90 Sportoase De Watermolen 24/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.14	01:12.57	01:55.84	02:31.90		
	00:32.14	00:40.43	00:43.27	00:36.06		
						

Coach feedback:

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

Event number: 28: 200M MEDLEY MEN 15+					Heat:10, starttime: 12:46
Heat: 10/19 Lane : 5 Athlete: VERROKEN GERBEN					Q-time: 02:23:35
PB (50m pool): 02:23.35 Seraing 23/03/2025					PB (25m pool): 02:13.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.75	01:06.28	01:49.28	02:23.35	
	00:30.75	00:35.53	00:43.00	00:34.07	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:11, starttime: 12:49
Heat: 11/19 Lane : 3 Athlete: PERSOONS EMIEL					Q-time: 02:22:85
PB (50m pool): 02:22.85 Sportoase De Watermolen 24/05/2026					PB (25m pool): 02:18.57 SB: 02:22.85 Sportoase De Watermolen 24/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.92	01:08.26	01:50.56	02:22.85	
	00:29.92	00:38.34	00:42.30	00:32.29	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:12, starttime: 12:52
Heat: 12/19 Lane : 6 Athlete: DE BACKER BJORN					Q-time: 02:22:33
PB (50m pool): 02:20.33 Antwerpen 28/07/2024					PB (25m pool): 02:15.85 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:20.33	
	no time				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:16, starttime: 13:03
Heat: 16/19 Lane : 1 Athlete: VOLCKAERT MATTHIAS					Q-time: 02:18:58
PB (50m pool): 02:18.58 Antwerpen 22/03/2026					PB (25m pool): 02:13.40 SB: 02:18.58 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.22	01:04.68	01:46.36	02:18.58	
	00:29.22	00:35.46	00:41.68	00:32.22	
					

Coach feedback: