

# CB-BK WE2 2026: Session: 4: COACH evaluation sheet for TEAM: TZT

Coachinfo: Warming up from: 15:00 untill 15:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Cramer Renée

Coaches: Desmet Carl

Coaches: Backs Hubert

Coaches: Nuytten Stefanie HEADCOACH

PB => Personal Best time

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

| Event number: 30: 400M FREESTYLE MEN 19+           |           |           |           |                                                                |           |           | Heat:3, starttime: 16:11 |           |
|----------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/3    Lane : 1    Athlete: DESMET LEENDERT  |           |           |           |                                                                |           |           | Q-time: 04:10:20         |           |
| PB (50m pool): 04:10.34    Antwerpen    27/07/2025 |           |           |           | PB (25m pool): 04:04.01SB: 04:10.77    Antwerpen    22/03/2026 |           |           |                          |           |
|                                                    | 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                                                 | 00:28.50  | 00:59.48  | 01:31.19  | 02:02.97                                                       | 02:34.76  | 03:06.65  | 03:38.86                 | 04:10.34  |
|                                                    | 00:28.50  | 00:30.98  | 00:31.71  | 00:31.78                                                       | 00:31.79  | 00:31.89  | 00:32.21                 | 00:31.48  |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                      | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 33: 4x100M FREESTYLE MIXED 15+ |           |           |                |           |           |           | Heat:3, starttime: 17:39 |           |
|----------------------------------------------|-----------|-----------|----------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/5    Lane : 6    Athlete: TEAM TZT 1 |           |           |                |           |           |           | Q-time: 04:04:73         |           |
| PB (50m pool):                               |           |           | PB (25m pool): |           |           | SB:       |                          |           |
|                                              | 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                                           |           |           |                |           |           |           |                          |           |
|                                              |           |           |                |           |           |           |                          |           |
|                                              | . . . . . | . . . . . | . . . . .      | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 33: 4x100M FREESTYLE MIXED 15+ |           |           |                |           |           |           | Heat:4, starttime: 17:44 |           |
|----------------------------------------------|-----------|-----------|----------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 4/5    Lane : 2    Athlete: TEAM TZT 2 |           |           |                |           |           |           | Q-time: 03:55:76         |           |
| PB (50m pool):                               |           |           | PB (25m pool): |           |           | SB:       |                          |           |
|                                              | 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                                           |           |           |                |           |           |           |                          |           |
|                                              |           |           |                |           |           |           |                          |           |
|                                              | . . . . . | . . . . . | . . . . .      | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: