

CB-BK WE2 2026: Session: 5: COACH evaluation sheet for TEAM: BZK

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

Coaches: Maene Stefaan HEADCOACH

Coaches: De Nolf Elina

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:9, starttime: 08:56

Heat: 9/16 Lane : 2 Athlete: MESTDAGH LAURE Q-time: 02:38:13

PB (50m pool): 02:36.61 Antwerpen 21/07/2024 PB (25m pool): 02:35.28 SB: 02:38.13 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:36.61	
	no time				
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+ Heat:6, starttime: 09:51

Heat: 6/12 Lane : 4 Athlete: VANDERSCHRICK LAURA Q-time: 01:01:88

PB (50m pool): 01:01.45 Zwembad Brigitte Becue Oostend 19/05/2025 PB (25m pool): 01:00.06 SB: 01:05.74 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	no time	01:01.45	
	no time		
			

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+ Heat:6, starttime: 09:51

Heat: 6/12 Lane : 5 Athlete: MESTDAGH LAURE Q-time: 01:01:98

PB (50m pool): 01:01.98 Antwerpen 08/03/2026 PB (25m pool): 01:03.10 SB: 01:01.98 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:29.78	01:01.98	
	00:29.78	00:32.20	
			

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:8, starttime: 10:55
Heat: 8/11 Lane : 3 Athlete: VANDERSCHRICK LAURA					Q-time: 02:31:65
PB (50m pool): 02:25.42 ANTWERPEN 30/07/2023					PB (25m pool): 02:24.59 SB: 02:38.99 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:25.42	
	no time				
					

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+					Heat:8, starttime: 12:07
Heat: 8/12 Lane : 4 Athlete: MESTDAGH LAURE					Q-time: 00:35:83
PB (50m pool): 00:35.83 Brugge 14/02/2026					PB (25m pool): 00:35.63 SB: 00:35.83 Brugge 14/02/2026
	5 0 M				
PB	00:35.83				
	00:35.83				
					

Coach feedback: