

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

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

Coaches: Mackens Vicky HEADCOACH

Coaches: Claes Steven

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:8, starttime: 08:53

Heat: 8/16 Lane : 1 Athlete: VAN DER MEEREN LOTTE Q-time: 02:38:94

PB (50m pool): 02:37.96 Antwerpen 21/07/2024 PB (25m pool): 02:31.72 SB: 02:40.38 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	02:37.96	
	no time				
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:10, starttime: 08:59

Heat: 10/16 Lane : 2 Athlete: TRIOEN JOKE Q-time: 02:36:98

PB (50m pool): 02:36.98 Antwerpen 13/07/2025 PB (25m pool): 02:34.20 SB: 02:41.30 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.39	01:14.51	01:59.07	02:36.98	
	00:33.39	00:41.12	00:44.56	00:37.91	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:16, starttime: 09:17

Heat: 16/16 Lane : 7 Athlete: CIOBANU ANASTASIA Q-time: 02:28:71

PB (50m pool): 02:28.71 Antwerpen 27/07/2025 PB (25m pool): 02:24.33 SB: 02:32.14 Antwerpen 17/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.02	01:11.23	01:54.66	02:28.71	
	00:32.02	00:39.21	00:43.43	00:34.05	
					

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:6, starttime: 10:48
Heat: 6/11 Lane : 7 Athlete: TRIOEN JOKE					Q-time: 02:35:88
PB (50m pool): 02:35.88 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:35.42 SB: 02:35.88 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.61	01:17.16	01:57.06	02:35.88	
	00:37.61	00:39.55	00:39.90	00:38.82	
					

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+					Heat:5, starttime: 12:03
Heat: 5/12 Lane : 1 Athlete: VANDE GHINSTE AMBER					Q-time: 00:37:16
PB (50m pool): 00:37.16 Antwerpen 15/03/2026 PB (25m pool): 00:36.39 SB: 00:37.16 Antwerpen 15/03/2026					
	5 0 M				
PB	00:37.16				
	00:37.16				
					

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+					Heat:8, starttime: 12:07
Heat: 8/12 Lane : 3 Athlete: VAN DER MEEREN LOTTE					Q-time: 00:35:93
PB (50m pool): 00:35.93 Antwerpen 08/03/2026 PB (25m pool): 00:35.55 SB: 00:35.93 Antwerpen 08/03/2026					
	5 0 M				
PB	00:35.93				
	00:35.93				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:18, starttime: 12:29
Heat: 18/24 Lane : 5 Athlete: SEGHERS MICHIEL					Q-time: 00:27:05
PB (50m pool): 00:27.05 Seraing 25/01/2026 PB (25m pool): 00:26.40 SB: 00:27.05 Seraing 25/01/2026					
	5 0 M				
PB	00:27.05				
	00:27.05				
					

Coach feedback:

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Event number: 42: 100M BUTTERFLY WOMEN 15+		Heat:8, starttime: 12:48	
Heat: 8/9 Lane : 2 Athlete: CIOBANU ANASTASIA			Q-time: 01:04:90
PB (50m pool): 01:04.90 Antwerpen 22/03/2026		PB (25m pool): 01:03.88 SB: 01:04.90 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	
PB	00:31.04	01:04.90	
	00:31.04	00:33.86	
			

Coach feedback: