

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

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

Coaches: Verherstraeten Filip HEADCOACH

Coaches: Gillain Alexandra

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:7, starttime: 08:49
Heat: 7/16 Lane : 6 Athlete: VERHERSTRAETEN LORE					Q-time: 02:39:39
PB (50m pool): 02:39.39 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:35.99 SB: 02:39.39 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.82	01:14.61	02:03.55	02:39.39	
	00:33.82	00:40.79	00:48.94	00:35.84	
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+					Heat:2, starttime: 09:45
Heat: 2/12 Lane : 6 Athlete: VERHERSTRAETEN LORE					Q-time: 01:03:48
PB (50m pool): 01:03.48 Antwerpen 20/07/2025 PB (25m pool): 01:02.12 SB: 01:03.71 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M			
PB	00:30.76	01:03.48			
	00:30.76	00:32.72			
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:2, starttime: 10:33
Heat: 2/11 Lane : 8 Athlete: VERHERSTRAETEN LORE					Q-time: 02:42:07
PB (50m pool): 02:42.07 SportinGenk Park 24/05/2026 PB (25m pool): 02:31.12 SB: 02:42.07 SportinGenk Park 24/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.86	01:19.31	02:02.90	02:42.07	
	00:37.86	00:41.45	00:43.59	00:39.17	
					

Coach feedback: