

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

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

Coaches: Daniels Filip

Coaches: Van Herzeele Peggy HEADCOACH

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:3, starttime: 08:37

Heat: 3/16 Lane : 4 Athlete: LAUWERS SOFIE Q-time: 02:42:12

PB (50m pool): 02:42.12 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 02:45.77 SB: 02:42.12 Lago Kortrijk Weide 03/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.55	01:16.55	02:05.29	02:42.12	
	00:34.55	00:42.00	00:48.74	00:36.83	
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+ Heat:5, starttime: 10:44

Heat: 5/11 Lane : 5 Athlete: LAUWERS SOFIE Q-time: 02:36:18

PB (50m pool): 02:36.18 Sportoase De Watermolen 24/05/2026 PB (25m pool): 02:34.18 SB: 02:36.18 Sportoase De Watermolen 24/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.29	01:16.74	01:57.10	02:36.18	
	00:37.29	00:39.45	00:40.36	00:39.08	
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+ Heat:2, starttime: 12:14

Heat: 2/24 Lane : 7 Athlete: STABEL JASPER Q-time: 00:29:80

PB (50m pool): 00:29.80 Sportoase De Watermolen 24/05/2026 PB (25m pool): 00:28.99 SB: 00:29.80 Sportoase De Watermolen 24/05/2026

	5 0 M	
PB	00:29.80	
	00:29.80	
		

Coach feedback: