

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

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

Coaches: Van Mieghem Evelien HEADCOACH

Coaches: Felies Jürgen

Coaches: De Gucht Nancy

PB => Personal Best time

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

Event number: 36: 100M FREESTYLE WOMEN 15+				Heat:9, starttime: 09:56	
Heat: 9/12 Lane : 5 Athlete: JACOBS ELLA				Q-time: 01:00:14	
PB (50m pool): 01:00.14 Antwerpen 22/03/2026				PB (25m pool): 00:58.01 SB: 01:00.14 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M			
PB	00:29.25	01:00.14			
	00:29.25	00:30.89			
					

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+				Heat:13, starttime: 10:27	
Heat: 13/13 Lane : 1 Athlete: GOOSSENS TORSTEN				Q-time: 01:01:76	
PB (50m pool): 01:01.67 Antwerpen 12/02/2023				PB (25m pool): 00:58.53 SB: 01:01.76 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	no time	01:01.67			
	no time				
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+				Heat:12, starttime: 11:38	
Heat: 12/19 Lane : 3 Athlete: GOOSSENS TORSTEN				Q-time: 02:04:46	
PB (50m pool): 02:04.46 Sportoase De Watermolen 29/03/2026				PB (25m pool): 01:59.44 SB: 02:04.46 Sportoase De Watermolen 29/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.72	01:01.39	01:33.11	02:04.46	
	00:28.72	00:32.67	00:31.72	00:31.35	
					

Coach feedback:

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Event number: 40: 50M BREASTSTROKE WOMEN 15+										Heat:6, starttime: 12:04																			
Heat: 6/12 Lane : 2 Athlete: GOOSSENS TARA																				Q-time: 00:36:97									
PB (50m pool): 00:36.97 Lago Kortrijk Weide 03/05/2026										PB (25m pool): 00:37.02 SB: 00:36.97 Lago Kortrijk Weide 03/05/2026																			
	50 M																												
PB	00:36.97																												
	00:36.97																												
																													

Coach feedback: