

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

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

Coaches: Spincemaille Laura

Coaches: Mabbe Andy HEADCOACH

Coaches: Heyligen Bert

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:1, starttime: 08:30
Heat: 1/16 Lane : 4 Athlete: BONASSI HÉLÈNE					Q-time: 02:44:83
PB (50m pool): 02:44.83 Luxembourg - Kirchberg 15/03/2026 PB (25m pool): 02:40.04 SB: 02:44.83 Luxembourg - Kirchberg 15/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.81	01:17.22	02:07.78	02:44.83	
	00:34.81	00:42.41	00:50.56	00:37.05	
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+			Heat:1, starttime: 09:43
Heat: 1/12 Lane : 5 Athlete: BONASSI HÉLÈNE			Q-time: 01:03:94
PB (50m pool): 01:03.94 Luxembourg - Kirchberg 15/03/2026 PB (25m pool): 01:03.09 SB: 01:03.94 Luxembourg - Kirchberg 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:30.78	01:03.94	
	00:30.78	00:33.16	
			

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+			Heat:3, starttime: 10:07
Heat: 3/13 Lane : 2 Athlete: BALCAEN SANDER			Q-time: 01:07:16
PB (50m pool): 01:07.16 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:04.74 SB: 01:07.16 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:32.42	01:07.16	
	00:32.42	00:34.74	
			

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:3, starttime: 10:37
Heat: 3/11 Lane : 1 Athlete: BONASSI HÉLÈNE					Q-time: 02:39:95
PB (50m pool): 02:39.95 Luxembourg - Kirchberg 15/03/2026 PB (25m pool): 02:32.02 SB: 02:39.95 Luxembourg - Kirchberg 15/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.70	01:17.02	01:59.21	02:39.95	
	00:36.70	00:40.32	00:42.19	00:40.74	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:2, starttime: 11:12
Heat: 2/19 Lane : 2 Athlete: BALCAEN SANDER					Q-time: 02:11:75
PB (50m pool): 02:11.75 Aalst 27/06/2026 PB (25m pool): 02:06.17 SB: 02:11.75 Aalst 27/06/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.69	01:04.91	01:39.92	02:11.75	
	00:30.69	00:34.22	00:35.01	00:31.83	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:2, starttime: 11:12
Heat: 2/19 Lane : 7 Athlete: DEMEYERE LARS					Q-time: 02:11:79
PB (50m pool): 02:11.79 Seraing 25/01/2026 PB (25m pool): 02:05.34 SB: 02:11.79 Seraing 25/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.46	01:05.89	01:40.86	02:11.79	
	00:31.46	00:34.43	00:34.97	00:30.93	
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:8, starttime: 12:20
Heat: 8/24 Lane : 6 Athlete: BEUNENS ILIAN					Q-time: 00:28:34
PB (50m pool): 00:28.34 Antwerpen 15/03/2026 PB (25m pool): 00:27.16 SB: 00:28.34 Antwerpen 15/03/2026					
	5 0 M				
PB	00:28.34				
	00:28.34				
					

Coach feedback:

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Event number: 41: 50M BUTTERFLY MEN 15+										Heat:10, starttime: 12:22																													
Heat: 10/24 Lane : 7 Athlete: DEMEYERE LARS																				Q-time: 00:28:18																			
PB (50m pool): 00:28.18 Luxembourg - Kirchberg 15/03/2026																				PB (25m pool): 00:28.53SB: 00:28.18 Luxembourg - Kirchberg 15/03/2026																			
	5 0 M																																						
PB	00:28.18																																						
	00:28.18																																						
																																							

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+										Heat:19, starttime: 12:30																																							
Heat: 19/24										Lane : 5										Athlete: VANDENDORPE EMILE										Q-time: 00:26:86																			
PB (50m pool): 00:26.86										Antwerpen 27/07/2025										PB (25m pool): 00:26.36										SB: 00:26.96										Antwerpen 22/03/2026									
	5 0 M																																																
PB	00:26.86																																																
	00:26.86																																																
																																																	

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+										Heat:22, starttime: 12:33																													
Heat: 22/24																				Lane : 6					Athlete: MABBE ELIAN										Q-time: 00:25:55				
PB (50m pool): 00:25.55										Aalst 27/06/2026					PB (25m pool): 00:25.12										SB: 00:25.55					Aalst 27/06/2026									
		5 0 M																																					
PB		00:25.55																																					
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Coach feedback: