

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

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

Coaches: Claes Cédric HEADCOACH

PB => Personal Best time

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

Event number: 39: 200M FREESTYLE MEN 15+					Heat:3, starttime: 11:14
Heat: 3/19 Lane : 3 Athlete: THEUWIS TIJL					Q-time: 02:10:13
PB (50m pool): 02:10.13 SportinGenk Park 24/05/2026					PB (25m pool): 02:06.65 SB: 02:10.13 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.16	01:03.42	01:37.59	02:10.13	
	00:30.16	00:33.26	00:34.17	00:32.54	
					

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+					Heat:6, starttime: 12:04
Heat: 6/12 Lane : 8 Athlete: ROOX AMÉLIE					Q-time: 00:37:05
PB (50m pool): 00:37.05 Antwerpen 22/03/2026					PB (25m pool): 00:36.28 SB: 00:37.05 Antwerpen 22/03/2026
	5 0 M				
PB	00:37.05				
	00:37.05				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:11, starttime: 12:23
Heat: 11/24 Lane : 6 Athlete: SIMONS VIC					Q-time: 00:28:04
PB (50m pool): 00:28.04 Antwerpen 27/07/2025					PB (25m pool): 00:27.30 SB: 00:28.22 SportinGenk Park 06/04/2026
	5 0 M				
PB	00:28.04				
	00:28.04				
					

Coach feedback:

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Event number: 43: 800M FREESTYLE MEN 15-16							Heat:1, starttime: 12:52										
Heat: 1/2 Lane : 5 Athlete: THEUWIS TIJL							Q-time: 09:35:36										
PB (50m pool): 09:35.36 Antwerpen 22/03/2026									PB (25m pool): no time SB: 09:35.36 Antwerpen 22/03/2026								
	5 0 M		1 0 0 M		1 5 0 M		2 0 0 M		2 5 0 M		3 0 0 M		3 5 0 M		4 0 0 M		
PB	00:30.37		01:04.34		01:39.77		02:15.30		02:50.78		03:26.42		04:02.50		04:39.21		
	00:30.37		00:33.97		00:35.43		00:35.53		00:35.48		00:35.64		00:36.08		00:36.71		
																	
	4 5 0 M		5 0 0 M		5 5 0 M		6 0 0 M		6 5 0 M		7 0 0 M		7 5 0 M		8 0 0 M		
PB	05:16.13		05:53.27		06:30.92		07:08.46		07:46.00		08:23.32		08:59.79		09:35.36		
	00:36.92		00:37.14		00:37.65		00:37.54		00:37.54		00:37.32		00:36.47		00:35.57		
																	

Coach feedback: