

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

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

Coaches: Vereecken Sven

Coaches: Van Looy Wendy 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 : 6 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 02:42:55
PB (50m pool): 02:42.55 Eindhoven 22/03/2026					PB (25m pool): 02:39.30 SB: 02:42.55 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.57	01:17.71	02:06.07	02:42.55	
	00:35.57	00:42.14	00:48.36	00:36.48	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:6, starttime: 08:46

Heat: 6/16 Lane : 8 Athlete: MAES JULIE					Q-time: 02:40:84
PB (50m pool): 02:40.84 Eindhoven 22/03/2026					PB (25m pool): 02:38.30 SB: 02:40.84 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.70	01:15.73	02:03.17	02:40.84	
	00:34.70	00:41.03	00:47.44	00:37.67	
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+ Heat:1, starttime: 09:43

Heat: 1/12 Lane : 3 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 01:04:02
PB (50m pool): 01:04.02 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 01:02.69 SB: 01:04.02 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M			
PB	00:30.87	01:04.02			
	00:30.87	00:33.15			
					

Coach feedback:

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Event number: 37: 100M BACKSTROKE MEN 15+				Heat:5, starttime: 10:11	
Heat: 5/13 Lane : 3 Athlete: HUFKENS ILIAN				Q-time: 01:05:51	
PB (50m pool): 01:05.51 Antwerpen 19/04/2026				PB (25m pool): 01:03.47 SB: 01:05.51 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M			
PB	00:31.86	01:05.51			
	00:31.86	00:33.65			
					

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+				Heat:11, starttime: 10:23	
Heat: 11/13 Lane : 6 Athlete: VAN TILBURG MATTHIAS				Q-time: 01:01:36	
PB (50m pool): 01:01.36 Antwerpen 27/07/2025				PB (25m pool): 00:58.02 SB: 01:01.38 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M			
PB	00:29.67	01:01.36			
	00:29.67	00:31.69			
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:3, starttime: 10:37	
Heat: 3/11 Lane : 6 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 02:38:99	
PB (50m pool): 02:38.99 Eindhoven 22/03/2026					PB (25m pool): 02:35.59 SB: 02:38.99 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.45	01:16.95	01:58.41	02:38.99		
	00:36.45	00:40.50	00:41.46	00:40.58		
						

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:4, starttime: 11:17	
Heat: 4/19 Lane : 2 Athlete: BEGUE MILANN					Q-time: 02:09:77	
PB (50m pool): 02:09.77 Antwerpen 08/03/2026					PB (25m pool): 02:03.95 SB: 02:09.77 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:29.70	01:02.74	01:36.64	02:09.77		
	00:29.70	00:33.04	00:33.90	00:33.13		
						

Coach feedback:

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Event number: 39: 200M FREESTYLE MEN 15+					Heat:6, starttime: 11:22
Heat: 6/19 Lane : 8 Athlete: HUFKENS ILIAN					Q-time: 02:08:86
PB (50m pool): 02:08.86 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:04.76 SB: 02:08.86 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.36	01:02.21	01:35.98	02:08.86	
	00:29.36	00:32.85	00:33.77	00:32.88	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:13, starttime: 11:41
Heat: 13/19 Lane : 7 Athlete: VAN TILBURG MATTHIAS					Q-time: 02:04:12
PB (50m pool): 02:03.72 Antwerpen 21/04/2024 PB (25m pool): 01:59.00 SB: 02:04.12 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:03.72	
	no time				
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:14, starttime: 11:43
Heat: 14/19 Lane : 1 Athlete: VANTHOURNOUT XANDER					Q-time: 02:03:65
PB (50m pool): 02:03.65 Antwerpen 27/07/2025 PB (25m pool): 02:00.16 SB: 02:07.13 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.90	00:59.19	01:31.45	02:03.65	
	00:27.90	00:31.29	00:32.26	00:32.20	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:19, starttime: 11:56
Heat: 19/19 Lane : 7 Athlete: MICHOEL QUINTEN					Q-time: 01:59:12
PB (50m pool): 01:59.12 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:55.79 SB: 01:59.12 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.15	00:57.40	01:28.83	01:59.12	
	00:27.15	00:30.25	00:31.43	00:30.29	
					

Coach feedback:

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Event number: 41: 50M BUTTERFLY MEN 15+		Heat:4, starttime: 12:16
Heat: 4/24 Lane : 7 Athlete: BEGUE MILANN		Q-time: 00:29:22
PB (50m pool): 00:29.22 Olympic Pool Wezenberg, Antwer 29/03/26 PB (25m pool): 00:29.18 SB: 00:29.22 Olympic Pool Wezenberg, Antwer 29/03/26		
	5 0 M	
PB	00:29.22	
	00:29.22	
		

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+		Heat:9, starttime: 12:21
Heat: 9/24 Lane : 1 Athlete: VANTHOURNOUT XANDER		Q-time: 00:28:29
PB (50m pool): 00:28.29 Olympic Pool Wezenberg, Antwer 29/03/26 PB (25m pool): 00:27.27 SB: 00:28.29 Olympic Pool Wezenberg, Antwer 29/03/26		
	5 0 M	
PB	00:28.29	
	00:28.29	
		

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+		Heat:23, starttime: 12:34
Heat: 23/24 Lane : 8 Athlete: MICHOEL QUINTEN		Q-time: 00:26:16
PB (50m pool): 00:26.16 Antwerpen 17/05/2026 PB (25m pool): 00:26.05 SB: 00:26.16 Antwerpen 17/05/2026		
	5 0 M	
PB	00:26.16	
	00:26.16	
		

Coach feedback: