

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

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

Coaches: De Herdt An HEADCOACH

Coaches: De Weerdt Koen

Coaches: De Herdt Els

Coaches: Van Campenhout Sigrid

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:4, starttime: 08:40
Heat: 4/16 Lane : 4 Athlete: VAN REETH LIEZE					Q-time: 02:41:71
PB (50m pool): 02:41.71 Olympic Pool Wezenberg, Antwer 29/07/2025					SB (25m pool): 02:36.71 SB: 02:41.71 Olympic Pool Wezenberg, Antwer 29/07/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.07	01:15.94	02:03.09	02:41.71	
	00:34.07	00:41.87	00:47.15	00:38.62	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:5, starttime: 08:43
Heat: 5/16 Lane : 1 Athlete: JACOBS LOTTE					Q-time: 02:41:26
PB (50m pool): 02:41.26 Antwerpen 13/07/2025					PB (25m pool): 02:36.49 SB: 02:47.43 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.42	01:15.73	02:03.84	02:41.26	
	00:32.42	00:43.31	00:48.11	00:37.42	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:6, starttime: 08:46
Heat: 6/16 Lane : 2 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 02:40:64
PB (50m pool): 02:40.64 Antwerpen 27/07/2025					PB (25m pool): 02:36.91 SB: 02:52.11 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.87	01:17.90	02:05.11	02:40.64	
	00:34.87	00:43.03	00:47.21	00:35.53	
					

Coach feedback:

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Event number: 35: 200M BREASTSTROKE MEN 15+					Heat:1, starttime: 09:21
Heat: 1/7 Lane : 4 Athlete: MERTENS GERBEN					Q-time: 02:46:18
PB (50m pool): 02:46.18 Antwerpen 19/04/2026					PB (25m pool): 02:39.77 SB: 02:46.18 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.20	01:17.30	02:01.19	02:46.18	
	00:35.20	00:42.10	00:43.89	00:44.99	
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE MEN 15+					Heat:2, starttime: 09:24
Heat: 2/7 Lane : 7 Athlete: JACOB QINGKUN					Q-time: 02:42:97
PB (50m pool): 02:42.97 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 02:41.80 SB: 02:42.97 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.42	01:18.19	01:59.95	02:42.97	
	00:36.42	00:41.77	00:41.76	00:43.02	
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE MEN 15+					Heat:5, starttime: 09:34
Heat: 5/7 Lane : 2 Athlete: WIJSGEER VIKTOR					Q-time: 02:31:23
PB (50m pool): 02:31.23 Antwerpen 19/04/2026					PB (25m pool): 02:31.33 SB: 02:31.23 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.39	01:14.22	01:53.46	02:31.23	
	00:34.39	00:39.83	00:39.24	00:37.77	
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+			Heat:1, starttime: 09:43		
Heat: 1/12 Lane : 6 Athlete: VERDOOD PIP			Q-time: 01:04:04		
PB (50m pool): 01:04.04 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:03.56 SB: 01:04.04 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:30.63	01:04.04			
	00:30.63	00:33.41			
					

Coach feedback:

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Event number: 36: 100M FREESTYLE WOMEN 15+				Heat:2, starttime: 09:45	
Heat: 2/12 Lane : 3 Athlete: JACOBS LOTTE				Q-time: 01:03:47	
PB (50m pool): 01:03.47 Antwerpen 13/07/2025				PB (25m pool): 01:02.65 SB: 01:04.37 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	00:30.79	01:03.47			
	00:30.79	00:32.68			
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+				Heat:5, starttime: 09:49	
Heat: 5/12 Lane : 8 Athlete: SCHELLEMANS CHARLOTTE				Q-time: 01:02:68	
PB (50m pool): 01:02.68 Antwerpen 27/07/2025				PB (25m pool): 01:02.62 SB: 01:03.86 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:30.19	01:02.68			
	00:30.19	00:32.49			
					

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+				Heat:4, starttime: 10:09	
Heat: 4/13 Lane : 6 Athlete: DOOMEN MARNIX				Q-time: 01:06:32	
PB (50m pool): 01:06.32 Olympic Pool Wezenberg, Antwer 29/07/2025				PB (25m pool): 01:03.59 SB: 01:06.32 Olympic Pool Wezenberg, Antwer 29/07/2025	
	5 0 M	1 0 0 M			
PB	00:32.04	01:06.32			
	00:32.04	00:34.28			
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+				Heat:1, starttime: 10:29	
Heat: 1/11 Lane : 3 Athlete: VAN REETH LIEZE				Q-time: 02:42:29	
PB (50m pool): 02:42.29 Olympic Pool Wezenberg, Antwer 29/07/2025				PB (25m pool): 02:38.91 SB: 02:42.29 Olympic Pool Wezenberg, Antwer 29/07/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.78	01:19.09	02:01.29	02:42.29	
	00:37.78	00:41.31	00:42.20	00:41.00	
					

Coach feedback:

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Event number: 40: 50M BREASTSTROKE WOMEN 15+			Heat:3, starttime: 12:01		
Heat: 3/12 Lane : 3 Athlete: JACOBS LOTTE			Q-time: 00:37:55		
PB (50m pool): 00:37.55 Olympic Pool Wezenberg, Antwer 29/01/2026			PB (25m pool): 00:35.71 SB: 00:37.55 Olympic Pool Wezenberg, Antwer 29/01/2026		
	5 0 M				
PB	00:37.55				
	00:37.55				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+			Heat:6, starttime: 12:18		
Heat: 6/24 Lane : 8 Athlete: DOOMEN MARNIX			Q-time: 00:28:65		
PB (50m pool): 00:28.65 Wezenberg 01/02/2026			PB (25m pool): 00:27.93 SB: 00:28.65 Wezenberg 01/02/2026		
	5 0 M				
PB	00:28.65				
	00:28.65				
					

Coach feedback: