

CB-BK WE1 2026: Session: 1: COACH evaluation sheet for TEAM: BEST

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

Coaches: Roosbeek Stefanie HEADCOACH

PB => Personal Best time

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

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:10, starttime: 09:44
Heat: 10/11 Lane : 1 Athlete: PROUVÉ VIKTOR					Q-time: 02:30:84
PB (50m pool): 02:35.65 Antwerpen 08/03/2026			PB (25m pool): 02:30.84 SB: 02:35.65 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.60	01:16.53	01:56.79	02:35.65	
	00:36.60	00:39.93	00:40.26	00:38.86	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:19, starttime: 10:55
Heat: 19/20 Lane : 1 Athlete: GHOOS KATO					Q-time: 02:47:39
PB (50m pool): 03:04.87 Antwerpen 20/07/2025			PB (25m pool): 02:47.39 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.53	01:30.86	02:25.61	03:04.87	
	00:43.53	00:47.33	00:54.75	00:39.26	
					

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:6, starttime: 12:14	
Heat: 6/8 Lane : 7 Athlete: PROUVé VIKTOR							Q-time: 05:31:36	
PB (50m pool): 05:46.67 Molenbeek 01/02/2026			PB (25m pool): 05:31.36SB: 05:46.67 Molenbeek 01/02/2026					
	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	no time	01:18.69	no time	no time	no time	no time	no time	05:46.67
	no time							
								

Coach feedback: