

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

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

Coaches: Braeken Vera

Coaches: Geerits Valerie

Coaches: Smeets Sara HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:4, starttime: 08:39
Heat: 4/14 Lane : 3 Athlete: NOUWEN FLEUR					Q-time: 02:25:42
PB (50m pool): 02:25.42 Antwerpen 19/04/2026					PB (25m pool): 02:21.72 SB: 02:25.42 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.68	01:11.61	01:50.23	02:25.42	
	00:33.68	00:37.93	00:38.62	00:35.19	
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:4, starttime: 08:39
Heat: 4/14 Lane : 7 Athlete: VANHEESWIJCK AMELEA					Q-time: 02:25:68
PB (50m pool): 02:25.68 Antwerpen 19/04/2026					PB (25m pool): 02:26.89 SB: 02:25.68 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.25	01:11.35	01:50.48	02:25.68	
	00:33.25	00:38.10	00:39.13	00:35.20	
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:7, starttime: 08:48
Heat: 7/14 Lane : 1 Athlete: JORISKES LORE					Q-time: 02:24:00
PB (50m pool): 02:32.00 Genk 01/02/2026					PB (25m pool): 02:24.00 SB: 02:32.00 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.59	01:13.41	01:53.40	02:32.00	
	00:34.59	00:38.82	00:39.99	00:38.60	
					

Coach feedback:

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Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:7, starttime: 08:48
Heat: 7/14 Lane : 2 Athlete: SCHOUTEDEN NIENKE					Q-time: 02:23:76
PB (50m pool): 02:23.76 Eindhoven 28/06/2026					PB (25m pool): 02:23.34 SB: 02:23.76 Eindhoven 28/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.05	01:08.37	01:45.97	02:23.76	
	00:32.05	00:36.32	00:37.60	00:37.79	
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:11, starttime: 08:59
Heat: 11/14 Lane : 7 Athlete: THEUWISSEN NORE					Q-time: 02:21:30
PB (50m pool): 02:21.30 Antwerpen 08/03/2026					PB (25m pool): 02:19.60 SB: 02:21.30 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.90	01:07.97	01:45.41	02:21.30	
	00:31.90	00:36.07	00:37.44	00:35.89	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:7, starttime: 09:34
Heat: 7/11 Lane : 3 Athlete: WALTERUS KILYAN					Q-time: 02:35:59
PB (50m pool): 02:38.93 Antwerpen 08/03/2026					PB (25m pool): 02:35.59 SB: 02:38.93 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.46	01:19.30	02:01.36	02:38.93	
	00:36.46	00:42.84	00:42.06	00:37.57	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:2, starttime: 09:55
Heat: 2/20 Lane : 4 Athlete: SCHROOTEN LIEN					Q-time: 03:13:32
PB (50m pool): 03:39.32 SportinGenk Park 21/04/2025					PB (25m pool): 03:13.32 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:39.32	
	no time				
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:3, starttime: 09:59
Heat: 3/20 Lane : 7 Athlete: BIANCHI MAIA					Q-time: 03:12:98
PB (50m pool): 03:48.53 SportinGenk Park 21/04/2025					PB (25m pool): 03:12.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:48.53	
	no time				
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:5, starttime: 10:06
Heat: 5/20 Lane : 7 Athlete: VAN EYGEN LOUISE					Q-time: 03:11:00
PB (50m pool): 03:11.00 Antwerpen 19/04/2026					PB (25m pool): 03:07.68 SB: 03:11.00 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.14	01:33.07	02:27.94	03:11.00	
	00:42.14	00:50.93	00:54.87	00:43.06	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:9, starttime: 10:21
Heat: 9/20 Lane : 5 Athlete: BEIJNSBERGER JULIE					Q-time: 03:02:37
PB (50m pool): 03:02.37 Antwerpen 19/04/2026					PB (25m pool): 03:04.39 SB: 03:02.37 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.58	01:25.98	02:23.33	03:02.37	
	00:39.58	00:46.40	00:57.35	00:39.04	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:13, starttime: 10:35
Heat: 13/20 Lane : 4 Athlete: NULENS AZZURRA					Q-time: 02:56:40
PB (50m pool): 03:01.83 Antwerpen 19/04/2026					PB (25m pool): 02:56.40 SB: 03:01.83 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.83	01:26.26	02:22.50	03:01.83	
	00:38.83	00:47.43	00:56.24	00:39.33	
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:17, starttime: 10:48
Heat: 17/20 Lane : 5 Athlete: BEIJNSBERGER LOUISE					Q-time: 02:51:01
PB (50m pool): 02:51.01 SportinGenk Park 24/05/2026					PB (25m pool): 02:51.45 SB: 02:51.01 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.40	01:20.48	02:12.73	02:51.01	
	00:34.40	00:46.08	00:52.25	00:38.28	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:5, starttime: 11:12
Heat: 5/12 Lane : 7 Athlete: JORISKES GIJS					Q-time: 01:24:98
PB (50m pool): 01:24.98 SportinGenk Park 24/05/2026					PB (25m pool): 01:21.24 SB: 01:24.98 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M			
PB	00:41.55	01:24.98			
	00:41.55	00:43.43			
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:7, starttime: 11:17
Heat: 7/12 Lane : 4 Athlete: FERREIRA CRAVO ENZO					Q-time: 01:21:97
PB (50m pool): 01:21.97 Antwerpen 19/04/2026					PB (25m pool): 01:18.86 SB: 01:21.97 Antwerpen 19/04/2026
	5 0 M	1 0 0 M			
PB	00:40.11	01:21.97			
	00:40.11	00:41.86			
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:12, starttime: 11:29
Heat: 12/12 Lane : 8 Athlete: BOSMANS VINCE					Q-time: 01:15:03
PB (50m pool): 01:15.03 Antwerpen 19/04/2026					PB (25m pool): 01:11.74 SB: 01:15.03 Antwerpen 19/04/2026
	5 0 M	1 0 0 M			
PB	00:36.28	01:15.03			
	00:36.28	00:38.75			
					

Coach feedback:

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Event number: 5: 100M BUTTERFLY WOMEN 13-14				Heat:2, starttime: 11:33			
Heat: 2/6 Lane : 8 Athlete: VANHEESWIJCK AMELEA				Q-time: 01:14:31			
PB (50m pool): 01:14.31 Antwerpen 19/04/2026				PB (25m pool): 01:14.68 SB: 01:14.31 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M					
PB	00:34.00	01:14.31					
	00:34.00	00:40.31					
							

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 13-14				Heat:3, starttime: 11:35			
Heat: 3/6 Lane : 4 Athlete: JORISKES LORE				Q-time: 01:13:13			
PB (50m pool): 01:13.13 Antwerpen 20/07/2025				PB (25m pool): 01:12.02 SB: 01:14.74 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M					
PB	00:34.43	01:13.13					
	00:34.43	00:38.70					
							

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 13-14				Heat:3, starttime: 11:35			
Heat: 3/6 Lane : 8 Athlete: THEUWISSEN NORE				Q-time: 01:13:68			
PB (50m pool): 01:15.97 Eindhoven 28/06/2026				PB (25m pool): 01:13.68 SB: 01:15.97 Eindhoven 28/06/2026			
	5 0 M	1 0 0 M					
PB	00:35.49	01:15.97					
	00:35.49	00:40.48					
							

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:4, starttime: 12:02	
Heat: 4/8 Lane : 3 Athlete: WALTERUS KILYAN							Q-time: 05:38:11	
PB (50m pool): 05:49.10 Antwerpen 20/07/2025				PB (25m pool): 05:38.11 SB: no time				
	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	00:36.09	01:22.99	02:08.77	02:51.76	03:42.62	04:33.27	05:12.38	05:49.10
	00:36.09	00:46.90	00:45.78	00:42.99	00:50.86	00:50.65	00:39.11	00:36.72
								

Coach feedback:

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Event number: 6: 400M MEDLEY MEN 13-14							Heat:4, starttime: 12:02	
Heat: 4/8 Lane : 5 Athlete: VANDIJCK SAMUEL							Q-time: 05:37:44	
PB (50m pool): 05:37.44 Antwerpen 08/03/2026				PB (25m pool): 05:32.23SB: 05:37.44 Antwerpen 08/03/2026				
	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	00:33.26	01:13.80	01:59.14	02:42.17	03:32.40	04:23.25	05:01.32	05:37.44
	00:33.26	00:40.54	00:45.34	00:43.03	00:50.23	00:50.85	00:38.07	00:36.12
								

Coach feedback:

Event number: 7: 4x100M MEDLEY MIXED 11-12							Heat:3, starttime: 12:45	
Heat: 3/3 Lane : 7 Athlete: TEAM DMB 12							Q-time: 05:20:77	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback:

Event number: 8: 4x100M MEDLEY MIXED 13-14							Heat:4, starttime: 13:09	
Heat: 4/4 Lane : 7 Athlete: TEAM DMB 14							Q-time: 04:46:37	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: