

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

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

Coaches: Vandeputte Pedro

Coaches: Lippens Mieke

Coaches: Demeyere Linda

Coaches: Vandeputte Debby

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:8, starttime: 08:51
Heat: 8/14 Lane : 7 Athlete: NOPPE PAULINE					Q-time: 02:23:04
PB (50m pool): 02:26.09 Kortrijk 26/12/2025					PB (25m pool): 02:23.04 SB: 02:26.09 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.22	01:12.08	01:50.69	02:26.09	
	00:34.22	00:37.86	00:38.61	00:35.40	
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:13, starttime: 09:05
Heat: 13/14 Lane : 6 Athlete: VERSTRAETE LINDE					Q-time: 02:18:78
PB (50m pool): 02:18.78 Antwerpen 08/03/2026					PB (25m pool): 02:19.85 SB: 02:18.78 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.65	01:07.81	01:43.57	02:18.78	
	00:31.65	00:36.16	00:35.76	00:35.21	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:6, starttime: 11:15
Heat: 6/12 Lane : 4 Athlete: VANDEPUTTE JORBE					Q-time: 01:22:87
PB (50m pool): 01:25.78 Antwerpen 20/07/2025					PB (25m pool): 01:22.87 SB: 01:27.03 Antwerpen 08/03/2026
	5 0 M	1 0 0 M			
PB	00:42.54	01:25.78			
	00:42.54	00:43.24			
					

Coach feedback:

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Event number: 5: 100M BUTTERFLY WOMEN 13-14			Heat:5, starttime: 11:38
Heat: 5/6 Lane : 5 Athlete: VERSTRAETE LINDE			Q-time: 01:10:07
PB (50m pool): 01:10.07 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:11.22 SB: 01:10.07 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:33.64	01:10.07	
	00:33.64	00:36.43	
			

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 13-14			Heat:6, starttime: 11:40
Heat: 6/6 Lane : 3 Athlete: VELGHE LAURA			Q-time: 01:07:83
PB (50m pool): 01:07.83 Antwerpen 08/03/2026			PB (25m pool): 01:11.08 SB: 01:07.83 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.75	01:07.83	
	00:31.75	00:36.08	
			

Coach feedback: