

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

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

Coaches: VAN DRIESSE BRITT

Coaches: LEPLA MARTINE

PB => Personal Best time

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

Event number: 2: 200M BACKSTROKE MEN 13-14 Heat:9, starttime: 09:41

Heat: 9/11 Lane : 1 Athlete: VINCENT RUNE Q-time: 02:32:32

PB (50m pool): 02:32.32 MOUSCRON 25/05/2026 PB (25m pool): 02:37.61 SB: 02:32.32 MOUSCRON 25/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.99	01:13.76	01:54.15	02:32.32	
	00:35.99	00:37.77	00:40.39	00:38.17	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12 Heat:4, starttime: 10:02

Heat: 4/20 Lane : 7 Athlete: BEELE SAAR Q-time: 03:11:82

PB (50m pool): 03:11.82 Gent 08/02/2026 PB (25m pool): 03:16.83 SB: 03:11.82 Gent 08/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.91	01:35.84	02:31.63	03:11.82	
	00:43.91	00:51.93	00:55.79	00:40.19	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12 Heat:5, starttime: 10:06

Heat: 5/20 Lane : 8 Athlete: SEYS LOUISE Q-time: 03:11:03

PB (50m pool): 03:11.03 Gent 08/02/2026 PB (25m pool): 03:15.22 SB: 03:11.03 Gent 08/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.59	01:35.22	02:28.78	03:11.03	
	00:43.59	00:51.63	00:53.56	00:42.25	
					

Coach feedback:

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Event number: 4: 100M BACKSTROKE MEN 11-12				Heat:4, starttime: 11:10			
Heat: 4/12 Lane : 5 Athlete: ROGIERS JACK				Q-time: 01:26:04			
PB (50m pool): 01:26.04 Brugge 01/02/2026				PB (25m pool): 01:23.99 SB: 01:26.04 Brugge 01/02/2026			
	5 0 M	1 0 0 M					
PB	00:42.80	01:26.04					
	00:42.80	00:43.24					
							

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12				Heat:4, starttime: 11:10			
Heat: 4/12 Lane : 7 Athlete: DE BRUYNE SENNE				Q-time: 01:26:25			
PB (50m pool): 01:27.75 Brugge 01/02/2026				PB (25m pool): 01:37.64 SB: 01:27.75 Brugge 01/02/2026			
	5 0 M	1 0 0 M					
PB	00:41.96	01:27.75					
	00:41.96	00:45.79					
							

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:7, starttime: 12:20	
Heat: 7/8 Lane : 3 Athlete: HAUSPIE NIEL							Q-time: 05:22:04	
PB (50m pool): 05:22.04 Brugge 01/02/2026				PB (25m pool): 06:02.20 SB: 05:22.04 Brugge 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	00:33.76	01:12.97	01:57.54	02:39.94	03:23.02	04:07.38	04:45.72	05:22.04
	00:33.76	00:39.21	00:44.57	00:42.40	00:43.08	00:44.36	00:38.34	00:36.32
								

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:7, starttime: 12:20	
Heat: 7/8 Lane : 5 Athlete: CLAEYS YBO							Q-time: 05:21:73	
PB (50m pool): 05:21.73 Antwerpen 08/03/2026				PB (25m pool): 05:26.47 SB: 05:21.73 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	00:34.25	01:15.29	01:56.60	02:36.92	03:22.50	04:09.54	04:45.85	05:21.73
	00:34.25	00:41.04	00:41.31	00:40.32	00:45.58	00:47.04	00:36.31	00:35.88
								

Coach feedback:

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Event number: 7: 4x100M MEDLEY MIXED 11-12							Heat:2, starttime: 12:39	
Heat: 2/3 Lane : 2 Athlete: TEAM ISWIM 1							Q-time: 05:41:85	
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: