

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

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

Coaches: Poelmans Julie HEADCOACH

Coaches: Daniels Filip

PB => Personal Best time

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

Event number: 2: 200M BACKSTROKE MEN 13-14 Heat:3, starttime: 09:19

Heat: 3/11 Lane : 3 Athlete: LEYSEN JEROEN Q-time: 02:45:82

PB (50m pool): 02:52.68 Sportoase De Watermolen 24/05/2026 PB (25m pool): 02:45.82 SB: 02:52.68 Sportoase De Watermolen 24/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.94	01:25.72	02:10.93	02:52.68	
	00:40.94	00:44.78	00:45.21	00:41.75	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12 Heat:18, starttime: 10:52

Heat: 18/20 Lane : 5 Athlete: DIERCKX ASTRID Q-time: 02:48:57

PB (50m pool): 02:48.57 Seraing 14/05/2026 PB (25m pool): 02:45.37 SB: 02:48.57 Seraing 14/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.58	01:24.41	02:11.51	02:48.57	
	00:36.58	00:47.83	00:47.10	00:37.06	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12 Heat:11, starttime: 11:27

Heat: 11/12 Lane : 8 Athlete: LEYSEN BENJAMIN Q-time: 01:19:04

PB (50m pool): 01:23.58 Antwerpen 08/03/2026 PB (25m pool): 01:19.04 SB: 01:23.58 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:40.93	01:23.58	
	00:40.93	00:42.65	
			

Coach feedback:

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

Event number: 6: 400M MEDLEY MEN 13-14							Heat:2, starttime: 11:49	
Heat: 2/8 Lane : 2 Athlete: LEYSEN JEROEN							Q-time: 06:00:94	
PB (50m pool): 06:00.94 Sportoase De Watermolen 24/05/2026 PB (25m pool): 06:03.54 SB: 06:00.94 Sportoase De Watermolen 24/05/2026								
	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	00:39.92	01:28.25	02:12.66	02:57.44	03:49.52	04:41.97	05:22.79	06:00.94
	00:39.92	00:48.33	00:44.41	00:44.78	00:52.08	00:52.45	00:40.82	00:38.15
								

Coach feedback: