

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

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

Coaches: Janart Michaël

Coaches: Dewulf Bart

Coaches: Duck Chantal

Coaches: Marquillie Martine HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:2, starttime: 08:33
Heat: 2/14 Lane : 4 Athlete: ZEPHIRIN ASTRID					Q-time: 02:26:59
PB (50m pool): 02:33.87 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 02:26.59 SB: 02:33.87 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.44	01:15.03	01:55.83	02:33.87	
	00:35.44	00:39.59	00:40.80	00:38.04	
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:4, starttime: 08:39
Heat: 4/14 Lane : 6 Athlete: VERVENNE LOUISA					Q-time: 02:25:53
PB (50m pool): 02:29.10 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:25.53 SB: 02:29.10 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.98	01:11.66	01:51.02	02:29.10	
	00:33.98	00:37.68	00:39.36	00:38.08	
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:6, starttime: 08:45
Heat: 6/14 Lane : 4 Athlete: ROMBAUT CÉLINE					Q-time: 02:24:21
PB (50m pool): 02:26.37 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 02:24.21 SB: 02:26.37 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.15	01:11.41	01:49.69	02:26.37	
	00:34.15	00:37.26	00:38.28	00:36.68	
					

Coach feedback:

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

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:8, starttime: 08:51
Heat: 8/14 Lane : 5 Athlete: SPILLEBEEN JUTTA					Q-time: 02:22:83
PB (50m pool): 02:30.83 Antwerp 26/01/2025					PB (25m pool): 02:22.83 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.14	01:12.82	01:52.78	02:30.83	
	00:34.14	00:38.68	00:39.96	00:38.05	
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:11, starttime: 08:59
Heat: 11/14 Lane : 4 Athlete: DECUPERE LAURENCE					Q-time: 02:20:39
PB (50m pool): 02:20.39 Antwerpen 08/03/2026					PB (25m pool): 02:16.63 SB: 02:20.39 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.50	01:08.43	01:44.89	02:20.39	
	00:32.50	00:35.93	00:36.46	00:35.50	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:6, starttime: 09:30
Heat: 6/11 Lane : 5 Athlete: VANDEMAELE EGON					Q-time: 02:37:72
PB (50m pool): 02:37.72 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:38.16 SB: 02:37.72 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.78	01:17.10	01:57.75	02:37.72	
	00:36.78	00:40.32	00:40.65	00:39.97	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:9, starttime: 09:41
Heat: 9/11 Lane : 3 Athlete: DE BAL LUCAS					Q-time: 02:31:55
PB (50m pool): 02:41.43 Kortrijk 26/12/2025					PB (25m pool): 02:31.55 SB: 02:41.43 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.81	01:18.04	02:00.42	02:41.43	
	00:36.81	00:41.23	00:42.38	00:41.01	
					

Coach feedback:

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

Event number: 4: 100M BACKSTROKE MEN 11-12										Heat:11, starttime: 11:27	
Heat: 11/12 Lane : 6 Athlete: GOEMAERE CYRIEL										Q-time: 01:17:21	
PB (50m pool): 01:17.21 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 01:15.66 SB: 01:17.21 Lago Kortrijk Weide 03/05/2026						
	5 0 M		1 0 0 M								
PB	00:37.92		01:17.21								
	00:37.92		00:39.29								
											

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 13-14							Heat:2, starttime: 11:33	
Heat: 2/6 Lane : 5 Athlete: SPILLEBEEN JUTTA							Q-time: 01:13:74	
PB (50m pool): 01:13.74 Antwerpen 13/07/2025				PB (25m pool): 01:12.58SB: no time				
	5 0 M	1 0 0 M						
PB	00:33.55	01:13.74						
	00:33.55	00:40.19						
								

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:8, starttime: 12:26	
Heat: 8/8 Lane : 3 Athlete: PICEU SEPPE							Q-time: 05:12:21	
PB (50m pool): 05:12.21 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 05:13.34SB: 05:12.21 Lago Kortrijk Weide 03/05/2026				
	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	00:31.97	01:11.60	01:52.51	02:31.91	03:17.54	04:03.72	04:38.32	05:12.21
	00:31.97	00:39.63	00:40.91	00:39.40	00:45.63	00:46.18	00:34.60	00:33.89
								

Coach feedback:

Event number: 8: 4x100M MEDLEY MIXED 13-14						Heat:3, starttime: 13:04		
Heat: 3/4 Lane : 2 Athlete: TEAM KZK 1						Q-time: 04:55:13		
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: