

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

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

Coaches: Van Loy Dirk

Coaches: Wouters Maxim

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

Event number: 1: 200M FREESTYLE WOMEN 13-14 Heat:13, starttime: 09:05

Heat: 13/14 Lane : 4 Athlete: BIERINCKX MIE Q-time: 02:17:71

PB (50m pool): 02:17.71 Antwerpen 08/03/2026 PB (25m pool): 02:14.09 SB: 02:17.71 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.82	01:06.23	01:42.18	02:17.71	
	00:30.82	00:35.41	00:35.95	00:35.53	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12 Heat:10, starttime: 10:24

Heat: 10/20 Lane : 1 Athlete: KENIS LOLA Q-time: 03:01:34

PB (50m pool): 03:06.33 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 03:01.34 SB: 03:06.33 Olympic Pool Wezenberg, Antwer 29/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.58	01:32.09	02:24.32	03:06.33	
	00:41.58	00:50.51	00:52.23	00:42.01	
					

Coach feedback:

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

Heat: 11/12 Lane : 5 Athlete: MERTENS DIETER Q-time: 01:15:61

PB (50m pool): 01:18.51 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:15.61 SB: 01:18.51 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	
PB	00:38.13	01:18.51	
	00:38.13	00:40.38	
			

Coach feedback: