

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

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

Coaches: Vlamijnck Robin HEADCOACH

Coaches: Lasoen Sam

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE WOMEN 13-14 Heat:3, starttime: 08:36

Heat: 3/14 Lane : 2 Athlete: LONCKE JUTTA					Q-time: 02:26:07
PB (50m pool): 02:26.07 Kortrijk 04/05/2025					PB (25m pool): 02:22.57 SB: 02:28.10 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.34	01:12.27	01:49.97	02:26.07	
	00:34.34	00:37.93	00:37.70	00:36.10	
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14 Heat:7, starttime: 08:48

Heat: 7/14 Lane : 6 Athlete: BERKEIN ALESSIA					Q-time: 02:23:76
PB (50m pool): 02:23.76 Lochristi 01/02/2026					PB (25m pool): 02:21.34 SB: 02:23.76 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:10.67	no time	02:23.76	
	no time				
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14 Heat:9, starttime: 08:53

Heat: 9/14 Lane : 3 Athlete: BUYLE GEIKE					Q-time: 02:22:22
PB (50m pool): 02:22.22 Antwerpen 08/03/2026					PB (25m pool): 02:20.91 SB: 02:22.22 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.26	01:08.86	01:46.03	02:22.22	
	00:33.26	00:35.60	00:37.17	00:36.19	
					

Coach feedback:

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

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:13, starttime: 09:05
Heat: 13/14 Lane : 5 Athlete: RUTSAERT EMILY					Q-time: 02:17:73
PB (50m pool): 02:17.73 Antwerpen 08/03/2026			PB (25m pool): 02:15.97 SB: 02:17.73 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.05	01:07.17	01:43.06	02:17.73	
	00:32.05	00:35.12	00:35.89	00:34.67	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:4, starttime: 09:22
Heat: 4/11 Lane : 1 Athlete: DE SMET KOBE					Q-time: 02:45:19
PB (50m pool): 02:45.19 Lochristi 01/02/2026			PB (25m pool): 02:37.17 SB: 02:45.19 Lochristi 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:20.47	no time	02:45.19	
	no time				
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:8, starttime: 09:37
Heat: 8/11 Lane : 3 Athlete: VROMAN FINN					Q-time: 02:33:79
PB (50m pool): 02:33.79 Antwerpen 08/03/2026			PB (25m pool): 02:29.32 SB: 02:33.79 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.19	01:15.10	01:55.11	02:33.79	
	00:36.19	00:38.91	00:40.01	00:38.68	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:6, starttime: 10:10
Heat: 6/20 Lane : 2 Athlete: VAN DE STEENE LORE					Q-time: 03:09:76
PB (50m pool): 03:09.76 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 03:13.80 SB: 03:09.76 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.99	01:37.83	02:28.97	03:09.76	
	00:45.99	00:51.84	00:51.14	00:40.79	
					

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:14, starttime: 10:38
Heat: 14/20 Lane : 2 Athlete: DE MULDER MAÏTHÉ					Q-time: 02:55:96
PB (50m pool): 02:55.96 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:51.67 SB: 02:55.96 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.70	01:24.73	02:15.62	02:55.96	
	00:39.70	00:45.03	00:50.89	00:40.34	
					

Coach feedback:

Event number: 5: 100M BUTTERFLY WOMEN 13-14					Heat:5, starttime: 11:38
Heat: 5/6 Lane : 4 Athlete: RUTSAERT EMILY					Q-time: 01:09:90
PB (50m pool): 01:09.90 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 01:07.28 SB: 01:09.90 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M			
PB	00:33.25	01:09.90			
	00:33.25	00:36.65			
					

Coach feedback:

Event number: 6: 400M MEDLEY MEN 13-14							Heat:6, starttime: 12:14	
Heat: 6/8 Lane : 2 Athlete: VROMAN FINN							Q-time: 05:30:92	
PB (50m pool): 05:30.92 Lago Kortrijk Weide 03/05/2026							PB (25m pool): no time SB: 05:30.92 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	00:35.25	01:15.81	01:58.60	02:39.38	03:27.39	04:15.96	04:54.12	05:30.92
	00:35.25	00:40.56	00:42.79	00:40.78	00:48.01	00:48.57	00:38.16	00:36.80
								

Coach feedback:

Event number: 8: 4x100M MEDLEY MIXED 13-14							Heat:4, starttime: 13:09	
Heat: 4/4 Lane : 1 Athlete: TEAM STA 1							Q-time: 04:46:99	
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: