

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

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

Coaches: Cauwe Pierrette HEADCOACH

Coaches: Mattheus Ibe

Coaches: Vanderhulst Kasper

Coaches: Deprez Lukas

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 : 8 Athlete: REMANS ROSALIE					Q-time: 02:26:56
PB (50m pool): 02:31.60 Molenbeek 01/02/2026					PB (25m pool): 02:26.56 SB: 02:31.60 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:14.16	no time	02:31.60	
	no time				
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:6, starttime: 08:45
Heat: 6/14 Lane : 8 Athlete: MAES JULIE					Q-time: 02:24:60
PB (50m pool): 02:24.60 SportinGenk Park 24/05/2026					PB (25m pool): 02:24.42 SB: 02:24.60 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.57	01:10.90	01:48.30	02:24.60	
	00:33.57	00:37.33	00:37.40	00:36.30	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:7, starttime: 09:34
Heat: 7/11 Lane : 2 Athlete: NIJS BAS					Q-time: 02:36:08
PB (50m pool): 02:41.54 Luxembourg 26/04/2026					PB (25m pool): 02:36.08 SB: 02:41.54 Luxembourg 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.71	01:20.03	02:01.40	02:41.54	
	00:38.71	00:41.32	00:41.37	00:40.14	
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:6, starttime: 10:10
Heat: 6/20 Lane : 7 Athlete: NIJS LOES					Q-time: 03:09:85
PB (50m pool): 03:21.27 SportinGenk Park 24/05/2026					PB (25m pool): 03:09.85 SB: 03:21.27 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.14	01:38.71	02:35.88	03:21.27	
	00:47.14	00:51.57	00:57.17	00:45.39	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:8, starttime: 10:17
Heat: 8/20 Lane : 6 Athlete: REMANS ALICE					Q-time: 03:05:96
PB (50m pool): 03:05.96 Antwerpen 08/03/2026					PB (25m pool): 02:55.68 SB: 03:05.96 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.03	01:27.06	02:23.62	03:05.96	
	00:38.03	00:49.03	00:56.56	00:42.34	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:11, starttime: 10:28
Heat: 11/20 Lane : 7 Athlete: ROSSEEL JANNE					Q-time: 02:58:82
PB (50m pool): 02:58.82 Antwerpen 08/03/2026					PB (25m pool): 02:54.19 SB: 02:58.82 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.14	01:23.14	02:15.97	02:58.82	
	00:37.14	00:46.00	00:52.83	00:42.85	
					

Coach feedback:

Event number: 8: 4x100M MEDLEY MIXED 13-14							Heat:2, starttime: 12:58
Heat: 2/4 Lane : 6 Athlete: TEAM TRUST 1							Q-time: 05:13:77
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: