

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

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

Coaches: Lefever Elisa

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:6, starttime: 08:45
Heat: 6/14 Lane : 6 Athlete: DELPORTE ELLE					Q-time: 02:24:36
PB (50m pool): 02:24.36 Antwerpen 08/03/2026					PB (25m pool): 02:20.79 SB: 02:24.36 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.99	01:09.69	01:48.12	02:24.36	
	00:32.99	00:36.70	00:38.43	00:36.24	
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:10, starttime: 08:56
Heat: 10/14 Lane : 3 Athlete: CASTELEYN YANA					Q-time: 02:21:86
PB (50m pool): 02:29.56 Kortrijk 04/05/2025					PB (25m pool): 02:21.86 SB: 02:30.25 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.05	01:13.76	01:52.23	02:29.56	
	00:35.05	00:38.71	00:38.47	00:37.33	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:5, starttime: 09:26
Heat: 5/11 Lane : 6 Athlete: VANHAECKE LOWIE					Q-time: 02:42:44
PB (50m pool): 02:42.44 Brugge 01/02/2026					PB (25m pool): 02:38.88 SB: 02:42.44 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.20	01:21.80	02:04.44	02:42.44	
	00:39.20	00:42.60	00:42.64	00:38.00	
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:6, starttime: 10:10
Heat: 6/20 Lane : 3 Athlete: DECAESTECKER OONA					Q-time: 03:09:44
PB (50m pool): 03:15.48 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 03:09.44 SB: 03:15.48 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.19	01:33.80	02:30.61	03:15.48	
	00:44.19	00:49.61	00:56.81	00:44.87	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:17, starttime: 10:48
Heat: 17/20 Lane : 1 Athlete: GHEKIERE JUNE					Q-time: 02:51:66
PB (50m pool): 02:51.66 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:46.46 SB: 02:51.66 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.20	01:22.88	02:11.44	02:51.66	
	00:36.20	00:46.68	00:48.56	00:40.22	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12							Heat:8, starttime: 11:20		
Heat: 8/12 Lane : 8 Athlete: MOERMAN JASPER							Q-time: 01:21:81		
PB (50m pool): 01:21.81 Lago Kortrijk Weide 03/05/2026							PB (25m pool): 01:19.85 SB: 01:21.81 Lago Kortrijk Weide 03/05/2026		
	5 0 M		1 0 0 M						
PB	00:39.25		01:21.81						
	00:39.25		00:42.56						
									

Coach feedback: