

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

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

Coaches: Van Den Broeck Dennis

Coaches: Bruggemans Suzanne HEADCOACH

Coaches: Van Den Broeck Michaël

Coaches: Okens Jari

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:5, starttime: 08:42
Heat: 5/14 Lane : 7 Athlete: NUYTKENS MARIE					Q-time: 02:24:91
PB (50m pool): 02:31.47 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:24.91 SB: 02:31.47 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.21	01:13.50	01:53.74	02:31.47	
	00:34.21	00:39.29	00:40.24	00:37.73	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:12, starttime: 10:31
Heat: 12/20 Lane : 8 Athlete: SEGHERS MILLA					Q-time: 02:57:73
PB (50m pool): 02:57.73 Seraing 14/05/2026 PB (25m pool): 02:55.00 SB: 02:57.73 Seraing 14/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.56	01:27.01	02:18.40	02:57.73	
	00:40.56	00:46.45	00:51.39	00:39.33	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:9, starttime: 11:22
Heat: 9/12 Lane : 5 Athlete: DE ROOS KASPER					Q-time: 01:20:32
PB (50m pool): 01:20.32 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:18.94 SB: 01:20.32 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:38.94	01:20.32			
	00:38.94	00:41.38			
					

Coach feedback: