

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

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

Coaches: Loeman Efiennia

Coaches: Pelgrims Ans

Coaches: Salaets Pieter

Coaches: Verbinnen Nadine

Coaches: Janssen Koen

Coaches: Wauters Tine HEADCOACH

Coaches: Claes Lieselotte

Coaches: Coremans Vicky

PB => Personal Best time

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

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:4, starttime: 08:39
Heat: 4/14 Lane : 8 Athlete: JANSSEN LUCY					Q-time: 02:25:86
PB (50m pool): 02:31.44 Molenbeek 01/02/2026					PB (25m pool): 02:25.86 SB: 02:31.44 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:13.47	no time	02:31.44	
	no time				
					

Coach feedback:

Event number: 1: 200M FREESTYLE WOMEN 13-14					Heat:10, starttime: 08:56
Heat: 10/14 Lane : 6 Athlete: UYTTERHOEVEN FIEBE					Q-time: 02:21:87
PB (50m pool): 02:28.27 Molenbeek 01/02/2026					PB (25m pool): 02:21.87 SB: 02:28.27 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:15.58	no time	02:28.27	
	no time				
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:3, starttime: 09:19
Heat: 3/11 Lane : 6 Athlete: VANDENWEGHE DRIES					Q-time: 02:46:13
PB (50m pool): no time					PB (25m pool): 02:46.13 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:8, starttime: 09:37
Heat: 8/11 Lane : 7 Athlete: MAERTENS TOON					Q-time: 02:34:37
PB (50m pool): 02:46.68 Antwerpen 13/07/2025					PB (25m pool): 02:34.37 SB: 02:46.70 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.89	01:21.47	02:05.30	02:46.68	
	00:38.89	00:42.58	00:43.83	00:41.38	
					

Coach feedback:

Event number: 2: 200M BACKSTROKE MEN 13-14					Heat:9, starttime: 09:41
Heat: 9/11 Lane : 4 Athlete: MERTENS LANDER					Q-time: 02:31:13
PB (50m pool): 02:42.16 Molenbeek 01/02/2026					PB (25m pool): 02:31.13 SB: 02:42.16 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:19.43	no time	02:42.16	
	no time				
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:1, starttime: 09:51
Heat: 1/20 Lane : 4 Athlete: SALAETS TESS					Q-time: 03:14:23
PB (50m pool): 03:14.23 Massy 17/05/2026					PB (25m pool): 03:04.89 SB: 03:14.23 Massy 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.83	01:32.36	02:28.15	03:14.23	
	00:40.83	00:51.53	00:55.79	00:46.08	
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:9, starttime: 10:21
Heat: 9/20 Lane : 4 Athlete: BOND MAYA					Q-time: 03:02:31
PB (50m pool): 03:02.31 Antwerpen 20/07/2025					PB (25m pool): 02:54.40 SB: 03:03.20 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.30	01:27.54	02:21.01	03:02.31	
	00:39.30	00:48.24	00:53.47	00:41.30	
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11-12					Heat:12, starttime: 10:31
Heat: 12/20 Lane : 5 Athlete: BELIAEV EMILY					Q-time: 02:57:40
PB (50m pool): 03:05.05 Antwerpen 08/03/2026					PB (25m pool): 02:57.40 SB: 03:05.05 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.54	01:31.74	02:26.13	03:05.05	
	00:42.54	00:49.20	00:54.39	00:38.92	
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-12					Heat:9, starttime: 11:22
Heat: 9/12 Lane : 6 Athlete: SOENS JACK					Q-time: 01:20:55
PB (50m pool): 01:20.55 Antwerpen 08/03/2026					PB (25m pool): 01:17.86 SB: 01:20.55 Antwerpen 08/03/2026
	5 0 M	1 0 0 M			
PB	00:38.75	01:20.55			
	00:38.75	00:41.80			
					

Coach feedback: