

CB-BK WE1 2026: Session: 2: COACH evaluation sheet for TEAM: DMB

Coachinfo: Warming up from: 12:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Braeken Vera

Coaches: Geerits Valerie

Coaches: Smeets Sara HEADCOACH

PB => Personal Best time

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

Event number: 9: 400M MEDLEY WOMEN 13-14								Heat:3, starttime: 14:43
Heat: 3/8 Lane : 6 Athlete: RUELENS COBIEN								Q-time: 05:53:63
PB (50m pool): 05:53.63 Antwerpen 08/03/2026				PB (25m pool): 05:54.95 SB: 05:53.63 Antwerpen 08/03/2026				
	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	00:37.33	01:22.51	02:09.98	02:56.43	03:45.48	04:35.19	05:15.80	05:53.63
	00:37.33	00:45.18	00:47.47	00:46.45	00:49.05	00:49.71	00:40.61	00:37.83
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14						Heat:5, starttime: 15:33	
Heat: 5/8 Lane : 4 Athlete: VANDIJCK SAMUEL						Q-time: 02:16:08	
PB (50m pool): 02:16.08 Antwerpen 08/03/2026				PB (25m pool): 02:15.92 SB: 02:16.08 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M			
PB	00:30.19	01:05.91	01:42.75	02:16.08			
	00:30.19	00:35.72	00:36.84	00:33.33			
							

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-12							Heat:6, starttime: 15:56		
Heat: 6/18 Lane : 7 Athlete: SCHROOTEN LIEN							Q-time: 01:37:28		
PB (50m pool): 01:37.28 SportinGenk Park 24/05/2026							PB (25m pool): 01:36.80SB: 01:37.28 SportinGenk Park 24/05/2026		
	5 0 M		1 0 0 M						
PB	00:43.92		01:37.28						
	00:43.92		00:53.36						
									

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-12			Heat:8, starttime: 16:00
Heat: 8/18 Lane : 6 Athlete: NULENS AZZURRA			Q-time: 01:33:32
PB (50m pool): 01:33.32 SportinGenk Park 24/05/2026			PB (25m pool): 01:31.10 SB: 01:33.32 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	
PB	00:40.50	01:33.32	
	00:40.50	00:52.82	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-12			Heat:9, starttime: 16:02
Heat: 9/18 Lane : 8 Athlete: BIANCHI MAIA			Q-time: 01:32:41
PB (50m pool): 01:32.41 SportinGenk Park 24/05/2026			PB (25m pool): 01:33.62 SB: 01:32.41 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	
PB	00:40.42	01:32.41	
	00:40.42	00:51.99	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-12			Heat:10, starttime: 16:04
Heat: 10/18 Lane : 1 Athlete: BEIJNSBERGER JULIE			Q-time: 01:31:38
PB (50m pool): 01:31.38 SportinGenk Park 24/05/2026			PB (25m pool): 01:23.84 SB: 01:31.38 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	
PB	00:40.46	01:31.38	
	00:40.46	00:50.92	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-12			Heat:10, starttime: 16:04
Heat: 10/18 Lane : 6 Athlete: VAN EYGEN LOUISE			Q-time: 01:31:06
PB (50m pool): no time			PB (25m pool): 01:31.06 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-12										Heat:18, starttime: 16:19	
Heat: 18/18 Lane : 1 Athlete: BEIJNSBERGER LOUISE								Q-time: 01:15:46			
PB (50m pool): 01:15.46 Antwerpen 19/04/2026										PB (25m pool): 01:13.64 SB: 01:15.46 Antwerpen 19/04/2026	
	5 0 M		1 0 0 M								
PB	00:34.40		01:15.46								
	00:34.40		00:41.06								
											

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12							Heat:5, starttime: 16:46	
Heat: 5/12 Lane : 8 Athlete: FERREIRA CRAVO ENZO							Q-time: 05:28:72	
PB (50m pool): 05:31.57 SportinGenk Park 24/05/2026				PB (25m pool): 05:28.72SB: 05:31.57 SportinGenk Park 24/05/2026				
	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	00:38.08	01:20.40	02:02.74	02:45.45	03:27.80	04:10.25	04:51.71	05:31.57
	00:38.08	00:42.32	00:42.34	00:42.71	00:42.35	00:42.45	00:41.46	00:39.86
								

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12							Heat:6, starttime: 16:52	
Heat: 6/12 Lane : 4 Athlete: NIJS VIKTOR							Q-time: 05:26:19	
PB (50m pool): 05:46.34 SportinGenk Park 24/05/2026				PB (25m pool): 05:26.19SB: 05:46.34 SportinGenk Park 24/05/2026				
	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	00:37.31	01:20.69	02:03.92	02:48.79	03:34.07	04:18.78	05:02.93	05:46.34
	00:37.31	00:43.38	00:43.23	00:44.87	00:45.28	00:44.71	00:44.15	00:43.41
								

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12							Heat:7, starttime: 16:58	
Heat: 7/12 Lane : 4 Athlete: JORISKES GIJS							Q-time: 05:23:28	
PB (50m pool): 05:35.81 SportinGenk Park 24/05/2026				PB (25m pool): 05:23.28SB: 05:35.81 SportinGenk Park 24/05/2026				
	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	00:38.03	01:20.13	02:04.11	02:46.56	03:29.79	04:12.79	04:55.12	05:35.81
	00:38.03	00:42.10	00:43.98	00:42.45	00:43.23	00:43.00	00:42.33	00:40.69
								

Coach feedback:

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Event number: 12: 400M FREESTYLE MEN 11-12							Heat:10, starttime: 17:16	
Heat: 10/12 Lane : 6 Athlete: BOSMANS VINCE							Q-time: 05:14:63	
PB (50m pool): 05:14.63 SportinGenk Park 24/05/2026				PB (25m pool): 05:08.66SB: 05:14.63 SportinGenk Park 24/05/2026				
	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	00:34.59	01:14.40	01:55.35	02:36.52	03:17.42	03:58.54	04:37.98	05:14.63
	00:34.59	00:39.81	00:40.95	00:41.17	00:40.90	00:41.12	00:39.44	00:36.65
								

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14							Heat:4, starttime: 17:40	
Heat: 4/15 Lane : 7 Athlete: VANHEESWIJCK AMELEA							Q-time: 01:16:80	
PB (50m pool): 01:19.39 SportinGenk Park 24/05/2026				PB (25m pool): 01:16.80SB: 01:19.39 SportinGenk Park 24/05/2026				
PB	5 0 M	1 0 0 M						
	00:38.84	01:19.39						
	00:38.84	00:40.55						
								

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14							Heat:6, starttime: 17:45			
Heat: 6/15 Lane : 3 Athlete: NOUWEN FLEUR							Q-time: 01:16:12			
PB (50m pool): 01:18.63 SportinGenk Park 24/05/2026				PB (25m pool): 01:16.12 SB: 01:18.63 SportinGenk Park 24/05/2026						
PB	5 0 M		1 0 0 M							
	00:39.64		01:18.63							
	00:39.64		00:38.99							
										

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14							Heat:7, starttime: 17:47			
Heat: 7/15 Lane : 4 Athlete: SCHOUTEDEN NIENKE							Q-time: 01:15:55			
PB (50m pool): 01:17.11 Antwerpen 08/03/2026				PB (25m pool): 01:15.55SB: 01:17.11 Antwerpen 08/03/2026						
PB	5 0 M		1 0 0 M							
	00:37.05		01:17.11							
	00:37.05		00:40.06							
										

Coach feedback:

CB-BK WE1 2026: Session: 2: COACH evaluation sheet for TEAM: DMB

Event number: 13: 100M BACKSTROKE WOMEN 13-14				Heat:7, starttime: 17:47			
Heat: 7/15 Lane : 5 Athlete: RUELENS COBIEN				Q-time: 01:15:56			
PB (50m pool): 01:19.06 Antwerpen 08/03/2026				PB (25m pool): 01:15.56 SB: 01:19.06 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M					
PB	00:38.35	01:19.06					
	00:38.35	00:40.71					
							

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14				Heat:14, starttime: 18:03			
Heat: 14/15 Lane : 1 Athlete: THEUWISSEN NORE				Q-time: 01:11:82			
PB (50m pool): 01:11.82 Antwerpen 19/04/2026				PB (25m pool): 01:10.15 SB: 01:11.82 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M					
PB	00:34.79	01:11.82					
	00:34.79	00:37.03					
							

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 13-14				Heat:5, starttime: 18:14			
Heat: 5/6 Lane : 8 Athlete: VANDIJCK SAMUEL				Q-time: 01:08:17			
PB (50m pool): 01:08.17 Antwerpen 19/04/2026				PB (25m pool): 01:09.55 SB: 01:08.17 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M					
PB	00:31.03	01:08.17					
	00:31.03	00:37.14					
							

Coach feedback:

Event number: 15: 4x100M FREESTYLE WOMEN 13-14							Heat:3, starttime: 18:48	
Heat: 3/3 Lane : 8 Athlete: TEAM DMB 14							Q-time: 04:20:28	
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:

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Event number: 16: 4x100M FREESTYLE MEN 11-12							Heat:2, starttime: 18:59	
Heat: 2/2 Lane : 7 Athlete: TEAM DMB 12							Q-time: 04:53:10	
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: