

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

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

Coaches: Lauwers Joakim HEADCOACH

PB => Personal Best time

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

Event number: 9: 400M MEDLEY WOMEN 13-14							Heat:4, starttime: 14:50	
Heat: 4/8 Lane : 5 Athlete: VANSINA ELLE							Q-time: 05:49:61	
PB (50m pool): no time			PB (25m pool): 05:49.61SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14										Heat:7, starttime: 15:38	
Heat: 7/8 Lane : 2 Athlete: VOET LARS										Q-time: 02:12:74	
PB (50m pool): 02:12.74 Antwerpen 08/03/2026					PB (25m pool): 02:13.45 SB: 02:12.74 Antwerpen 08/03/2026						
	5 0 M		1 0 0 M		1 5 0 M		2 0 0 M				
PB	00:29.25		01:03.07		01:38.93		02:12.74				
	00:29.25		00:33.82		00:35.86		00:33.81				
											

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14										Heat:3, starttime: 17:38	
Heat: 3/15 Lane : 4 Athlete: DEVUE ROSALIE										Q-time: 01:17:03	
PB (50m pool): 01:17.45 Antwerpen 15/03/2026					PB (25m pool): 01:17.03 SB: 01:17.45 Antwerpen 15/03/2026						
	5 0 M		1 0 0 M								
PB	00:37.86		01:17.45								
	00:37.86		00:39.59								
											

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 13-14			Heat:5, starttime: 17:43
Heat: 5/15 Lane : 6 Athlete: VANSINA ELLE			Q-time: 01:16:59
PB (50m pool): 01:18.69 Antwerpen 15/03/2026			PB (25m pool): 01:16.59 SB: 01:18.69 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.26	01:18.69	
	00:39.26	00:39.43	
			

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 13-14			Heat:6, starttime: 18:16
Heat: 6/6 Lane : 8 Athlete: VOET LARS			Q-time: 01:06:64
PB (50m pool): 01:09.39 Antwerpen 20/07/2025			PB (25m pool): 01:06.64 SB: 01:09.83 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.37	01:09.39	
	00:31.37	00:38.02	
			

Coach feedback: