

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

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

Coaches: De Backer Ruben

Coaches: Lesceu Philippe

Coaches: De Backer Nele HEADCOACH

PB => Personal Best time

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

Event number: 11: 100M BUTTERFLY WOMEN 11-12				Heat:4, starttime: 15:51
Heat: 4/18 Lane : 6 Athlete: VAN DEN TROOST AMY				Q-time: 01:40:48
PB (50m pool): no time		PB (25m pool): 01:46.96 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12							Heat:7, starttime: 16:58	
Heat: 7/12 Lane : 3 Athlete: VAN STEENWINKEL WOUT							Q-time: 05:23:75	
PB (50m pool): 05:44.81 Antwerpen 20/07/2025				PB (25m pool): 05:23.75 SB: 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	00:40.26	01:25.18	02:09.51	02:53.50	03:38.27	04:22.31	05:06.20	05:44.81
	00:40.26	00:44.92	00:44.33	00:43.99	00:44.77	00:44.04	00:43.89	00:38.61
								

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12							Heat:7, starttime: 16:58	
Heat: 7/12 Lane : 7 Athlete: PIERART VITO							Q-time: 05:25:16	
PB (50m pool): no time			PB (25m pool): 05:25.16SB: 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
	no time							
								

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 13-14			Heat:12, starttime: 17:58
Heat: 12/15 Lane : 7 Athlete: BOROWSKA LENA			Q-time: 01:13:41
PB (50m pool): 01:15.78 Antwerpen 15/03/2026			PB (25m pool): 01:14.49 SB: 01:15.78 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.91	01:15.78	
	00:36.91	00:38.87	
			

Coach feedback: