

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

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

Coaches: Van Loy Dirk

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 11: 100M BUTTERFLY WOMEN 11-12				Heat:8, starttime: 16:00	
Heat: 8/18 Lane : 4 Athlete: KENIS LOLA				Q-time: 01:32:56	
PB (50m pool): no time				PB (25m pool): 01:32.56 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:12, starttime: 17:27		
Heat: 12/12 Lane : 1 Athlete: MERTENS DIETER						Q-time: 04:59:81		
PB (50m pool): 04:59.81 Zwembad Brigitte Becue 26/04/2026						PB (25m pool): 05:05.83 SB: 04:59.81 Zwembad Brigitte Becue 26/04/2026		
	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	00:33.07	01:10.69	01:49.52	02:28.16	03:06.99	03:45.85	04:24.29	04:59.81
	00:33.07	00:37.62	00:38.83	00:38.64	00:38.83	00:38.86	00:38.44	00:35.52
								

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14				Heat:11, starttime: 17:56	
Heat: 11/15 Lane : 8 Athlete: BIERINCKX MIE				Q-time: 01:14:06	
PB (50m pool): 01:14.06 Antwerpen 08/03/2026				PB (25m pool): 01:09.45 SB: 01:14.06 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:35.43	01:14.06			
	00:35.43	00:38.63			
					

Coach feedback: