

CB-BK WE1 2026: Session: 3: COACH evaluation sheet for TEAM: GZVN

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

PB => Personal Best time

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

Event number: 18: 200M BREASTSTROKE MEN 13-14

Heat:2, starttime: 09:40

Heat: 2/8 Lane : 3 Athlete: THOELEN SIMON

Q-time: 03:04:49

PB (50m pool): 03:17.08 Genk 01/02/2026

PB (25m pool): 03:04.49 SB: 03:17.08 Genk 01/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.19	01:35.08	02:26.86	03:17.08	
	00:45.19	00:49.89	00:51.78	00:50.22	
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12

Heat:17, starttime: 10:45

Heat: 17/20 Lane : 1 Athlete: VANHEES HANNAH

Q-time: 01:20:86

PB (50m pool): 01:20.86 SportinGenk Park 24/05/2026

PB (25m pool): 01:17.89 SB: 01:20.86 SportinGenk Park 24/05/2026

	5 0 M	1 0 0 M	
PB	00:38.53	01:20.86	
	00:38.53	00:42.33	
			

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12

Heat:7, starttime: 11:15

Heat: 7/12 Lane : 5 Athlete: VANRUSSELT RAFAËL

Q-time: 02:53:91

PB (50m pool): 03:07.84 SportinGenk Park 24/05/2026

PB (25m pool): 02:53.91 SB: 03:07.84 SportinGenk Park 24/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.52	01:27.74	02:25.24	03:07.84	
	00:40.52	00:47.22	00:57.50	00:42.60	
					

Coach feedback:

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Event number: 21: 100M BREASTSTROKE WOMEN 13-14						Heat:7, starttime: 11:47	
Heat: 7/9 Lane : 3 Athlete: JANSSEN LAUREN						Q-time: 01:22:25	
PB (50m pool): 01:22.25 SportinGenk Park 06/04/2026				PB (25m pool): 01:20.97 SB: 01:22.25 SportinGenk Park 06/04/2026			
	5 0 M	1 0 0 M					
PB	00:38.97	01:22.25					
	00:38.97	00:43.28					
							

Coach feedback:

Event number: 22: 1500M FREESTYLE MEN 13-14							Heat:2, starttime: 12:14	
Heat: 2/3 Lane : 3 Athlete: TORDEUR KILIAN							Q-time: 18:51:77	
PB (50m pool): no time			PB (25m pool): 18:51.77 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	no time		
								

Coach feedback: