

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

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

Coaches: Janart Michaël

Coaches: Dewulf Bart

Coaches: Duck Chantal

Coaches: Marquillie Martine HEADCOACH

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:3, starttime: 08:41	
Heat: 3/12 Lane : 2 Athlete: ZEPHIRIN ASTRID							Q-time: 05:04:53	
PB (50m pool): 05:13.84 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 05:04.53 SB: 05:13.84 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	00:34.76	01:13.90	01:54.20	02:34.46	03:15.15	03:55.82	04:35.98	05:13.84
	00:34.76	00:39.14	00:40.30	00:40.26	00:40.69	00:40.67	00:40.16	00:37.86
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:5, starttime: 08:52	
Heat: 5/12 Lane : 2 Athlete: ROMBAUT CéLINE							Q-time: 05:02:93	
PB (50m pool): 05:07.41 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 05:02.93SB: 05:07.41 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	00:34.92	01:13.43	01:52.99	02:32.40	03:12.03	03:50.88	04:29.98	05:07.41
	00:34.92	00:38.51	00:39.56	00:39.41	00:39.63	00:38.85	00:39.10	00:37.43
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:8, starttime: 09:09	
Heat: 8/12 Lane : 6 Athlete: DECUPERE LAURENCE							Q-time: 04:57:07	
PB (50m pool): 04:57.07 Antwerpen 08/03/2026			PB (25m pool): 04:49.62 SB: 04:57.07 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	00:33.76	01:10.84	01:48.58	02:26.76	03:05.00	03:43.23	04:20.92	04:57.07
	00:33.76	00:37.08	00:37.74	00:38.18	00:38.24	00:38.23	00:37.69	00:36.15
								

Coach feedback:

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Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:5, starttime: 09:51
Heat: 5/8 Lane : 5 Athlete: VANNESTE DAAN					Q-time: 02:54:00
PB (50m pool): 02:55.22 Kortrijk 26/12/2025					PB (25m pool): 02:54.00 SB: 02:55.22 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.43	01:25.19	02:10.14	02:55.22	
	00:40.43	00:44.76	00:44.95	00:45.08	
					

Coach feedback:

Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:6, starttime: 09:54
Heat: 6/8 Lane : 8 Athlete: PICEU SEPPE					Q-time: 02:53:81
PB (50m pool): 02:53.81 Kortrijk 26/12/2025					PB (25m pool): 02:45.09 SB: 02:53.81 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.13	01:24.85	02:10.10	02:53.81	
	00:39.13	00:45.72	00:45.25	00:43.71	
					

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12					Heat:10, starttime: 11:25
Heat: 10/12 Lane : 5 Athlete: GOEMAERE CYRIEL					Q-time: 02:47:79
PB (50m pool): 02:47.79 Kortrijk 26/12/2025					PB (25m pool): 02:44.06 SB: 02:47.79 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.55	01:20.76	02:08.30	02:47.79	
	00:36.55	00:44.21	00:47.54	00:39.49	
					

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14			Heat:3, starttime: 11:40		
Heat: 3/9 Lane : 7 Athlete: DUMORTIER ELISE			Q-time: 01:25:49		
PB (50m pool): 01:25.49 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:22.87 SB: 01:25.49 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:40.27	01:25.49			
	00:40.27	00:45.22			
					

Coach feedback:

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Event number: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:6, starttime: 11:45			
Heat: 6/9 Lane : 4 Athlete: SPILLEBEEN JUTTA				Q-time: 01:23:18			
PB (50m pool): 01:27.37 Antwerpen 13/07/2025				PB (25m pool): 01:23.18 SB: no time			
	5 0 M	1 0 0 M					
PB	00:41.58	01:27.37					
	00:41.58	00:45.79					
							

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:6, starttime: 11:45			
Heat: 6/9 Lane : 8 Athlete: ROMBAUT CÉLINE				Q-time: 01:23:89			
PB (50m pool): 01:23.89 Antwerpen 08/03/2026				PB (25m pool): 01:23.47 SB: 01:23.89 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M					
PB	00:39.75	01:23.89					
	00:39.75	00:44.14					
							

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:8, starttime: 11:49			
Heat: 8/9 Lane : 6 Athlete: LEMAHIEU LIESE				Q-time: 01:21:28			
PB (50m pool): 01:21.28 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 01:24.01 SB: 01:21.28 Lago Kortrijk Weide 03/05/2026			
	5 0 M	1 0 0 M					
PB	00:37.99	01:21.28					
	00:37.99	00:43.29					
							

Coach feedback:

Event number: 22: 1500M FREESTYLE MEN 13-14							Heat:3, starttime: 12:34	
Heat: 3/3 Lane : 2 Athlete: PICEU SEPPE							Q-time: 18:20:38	
PB (50m pool): 18:20.38 Antwerpen 20/07/2025				PB (25m pool): 18:20.86SB: 18:43.76 Kortrijk 15/02/2026				
	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	00:31.80	01:08.50	01:44.97	02:22.07	02:58.87	03:36.18	04:13.40	04:50.76
	00:31.80	00:36.70	00:36.47	00:37.10	00:36.80	00:37.31	00:37.22	00:37.36
								

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	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	05:28.02	06:05.59	06:42.47	07:19.46	07:56.40	08:33.58	09:10.33	09:47.18
	00:37.26	00:37.57	00:36.88	00:36.99	00:36.94	00:37.18	00:36.75	00:36.85
								

	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	10:24.19	11:00.78	11:37.44	12:14.31	12:51.41	13:28.44	14:05.45	14:42.68
	00:37.01	00:36.59	00:36.66	00:36.87	00:37.10	00:37.03	00:37.01	00:37.23
								

	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	15:19.72	15:56.64	16:33.25	17:09.80	17:45.53	18:20.38	
	00:37.04	00:36.92	00:36.61	00:36.55	00:35.73	00:34.85	
							

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14

Heat:2, starttime: 12:57

Heat: 2/15 Lane : 2 Athlete: ZEPHIRIN ASTRID

Q-time: 02:47:97

PB (50m pool): 02:50.61 Lago Kortrijk Weide 03/05/2026

PB (25m pool): 02:47.97 SB: 02:50.61 Lago Kortrijk Weide 03/05/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.76	01:24.55	02:08.38	02:50.61	
	00:40.76	00:43.79	00:43.83	00:42.23	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14

Heat:3, starttime: 13:01

Heat: 3/15 Lane : 6 Athlete: VERVENNE LOUISA

Q-time: 02:46:35

PB (50m pool): 02:59.13 Gent 08/02/2026

PB (25m pool): 02:46.35 SB: 02:59.13 Gent 08/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.17	01:29.07	02:14.79	02:59.13	
	00:43.17	00:45.90	00:45.72	00:44.34	
					

Coach feedback:

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

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:10, starttime: 13:27
Heat: 10/15 Lane : 8 Athlete: DECUPERE LAURENCE					Q-time: 02:41:26
PB (50m pool): 02:41.26 Antwerpen 08/03/2026					PB (25m pool): 02:35.87 SB: 02:41.26 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.80	01:18.84	02:00.58	02:41.26	
	00:38.80	00:40.04	00:41.74	00:40.68	
					

Coach feedback: