

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

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

Coaches: Danneels Barbara HEADCOACH

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:4, starttime: 08:47	
Heat: 4/12 Lane : 4 Athlete: TAVERNIER LUCIA							Q-time: 05:03:43	
PB (50m pool): 05:04.28 Antwerpen 08/03/2026				PB (25m pool): 05:03.43SB: 05:04.28 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	00:33.53	01:10.81	01:49.86	02:28.99	03:08.30	03:48.36	04:27.51	05:04.28
	00:33.53	00:37.28	00:39.05	00:39.13	00:39.31	00:40.06	00:39.15	00:36.77
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:7, starttime: 09:04	
Heat: 7/12 Lane : 5 Athlete: WAIGNEIN ROSIE							Q-time: 04:57:92	
PB (50m pool): 05:14.92 Gent 08/02/2026				PB (25m pool): 04:57.92SB: 05:14.92 Gent 08/02/2026				
	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	00:34.76	01:13.76	01:54.33	02:35.02	03:14.94	03:55.89	04:35.71	05:14.92
	00:34.76	00:39.00	00:40.57	00:40.69	00:39.92	00:40.95	00:39.82	00:39.21
								

Coach feedback:

Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:4, starttime: 09:47
Heat: 4/8 Lane : 1 Athlete: RABAEYS LUCAS				Q-time: 02:59:93	
PB (50m pool): 03:17.92 Lochristi 01/02/2026			PB (25m pool): 02:59.93SB: 03:17.92 Lochristi 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:36.33	no time	03:17.92	
	no time				
					

Coach feedback:

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

Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:4, starttime: 09:47
Heat: 4/8 Lane : 6 Athlete: HINDRYCKX MAURO					Q-time: 02:59:31
PB (50m pool): 03:11.71 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:59.31 SB: 03:11.71 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.21	01:34.18	02:22.92	03:11.71	
	00:44.21	00:49.97	00:48.74	00:48.79	
					

Coach feedback:

Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:5, starttime: 09:51
Heat: 5/8 Lane : 1 Athlete: BODDAERT LUCAS					Q-time: 02:56:97
PB (50m pool): 03:16.66 Gent 08/02/2026 PB (25m pool): 02:56.97 SB: 03:16.66 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.86	01:35.64	02:26.57	03:16.66	
	00:44.86	00:50.78	00:50.93	00:50.09	
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12					Heat:20, starttime: 10:52
Heat: 20/20 Lane : 7 Athlete: VANDER HOOGERSTRAETE NORA					Q-time: 01:14:97
PB (50m pool): 01:15.51 Antwerpen 20/07/2025 PB (25m pool): 01:14.97 SB: 01:15.80 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M			
PB	00:36.99	01:15.51			
	00:36.99	00:38.52			
					

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12					Heat:7, starttime: 11:15
Heat: 7/12 Lane : 6 Athlete: VAN DEN BRANDEN CAMIEL					Q-time: 02:54:40
PB (50m pool): no time PB (25m pool): 02:54.40 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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

Event number: 20: 200M MEDLEY MEN 11-12					Heat:11, starttime: 11:29
Heat: 11/12 Lane : 3 Athlete: TEIRLINCK TIGO					Q-time: 02:43:81
PB (50m pool): 02:43.81 Antwerpen 08/03/2026			PB (25m pool): 02:53.93 SB: 02:43.81 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.75	01:18.92	02:08.90	02:43.81	
	00:37.75	00:41.17	00:49.98	00:34.91	
					

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12					Heat:12, starttime: 11:32
Heat: 12/12 Lane : 6 Athlete: DE VREESE SEPPE					Q-time: 02:36:77
PB (50m pool): 02:36.77 Antwerpen 08/03/2026			PB (25m pool): 02:38.78 SB: 02:36.77 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.80	01:17.02	02:01.11	02:36.77	
	00:35.80	00:41.22	00:44.09	00:35.66	
					

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14					Heat:5, starttime: 11:43
Heat: 5/9 Lane : 2 Athlete: WAIGNEIN ROSIE					Q-time: 01:24:16
PB (50m pool): 01:24.16 Antwerpen 08/03/2026			PB (25m pool): 01:24.14 SB: 01:24.16 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M			
PB	00:40.11	01:24.16			
	00:40.11	00:44.05			
					

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14					Heat:5, starttime: 11:43
Heat: 5/9 Lane : 8 Athlete: POTIER JOLIE					Q-time: 01:24:33
PB (50m pool): 01:24.33 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:23.35 SB: 01:24.33 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:40.09	01:24.33			
	00:40.09	00:44.24			
					

Coach feedback:

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

Event number: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:9, starttime: 11:51	
Heat: 9/9 Lane : 1 Athlete: VAN DER PLAS LOTTE				Q-time: 01:19:43	
PB (50m pool): 01:19.43 Antwerpen 08/03/2026				PB (25m pool): 01:17.20 SB: 01:19.43 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:37.17	01:19.43			
	00:37.17	00:42.26			
					

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:9, starttime: 11:51	
Heat: 9/9 Lane : 8 Athlete: DE VREESE JULIE				Q-time: 01:19:85	
PB (50m pool): 01:19.85 Antwerpen 08/03/2026				PB (25m pool): 01:17.97 SB: 01:19.85 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:37.61	01:19.85			
	00:37.61	00:42.24			
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14				Heat:2, starttime: 12:57	
Heat: 2/15 Lane : 3 Athlete: VAN DER PLAS LOTTE				Q-time: 02:47:62	
PB (50m pool): 02:47.62 Antwerpen 08/03/2026				PB (25m pool): 02:38.25 SB: 02:47.62 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.29	01:20.51	02:04.81	02:47.62	
	00:38.29	00:42.22	00:44.30	00:42.81	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14				Heat:8, starttime: 13:20	
Heat: 8/15 Lane : 7 Athlete: POTIER JOLIE				Q-time: 02:42:59	
PB (50m pool): 02:46.84 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 02:42.59 SB: 02:47.42 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.01	01:23.24	02:06.46	02:46.84	
	00:41.01	00:42.23	00:43.22	00:40.38	
					

Coach feedback:

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

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:11, starttime: 13:31
Heat: 11/15 Lane : 7 Athlete: VAN BEYLEN STELLA					Q-time: 02:39:64
PB (50m pool): 02:47.58 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:39.64 SB: 02:47.58 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.29	01:22.95	02:06.15	02:47.58	
	00:40.29	00:42.66	00:43.20	00:41.43	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:12, starttime: 13:35
Heat: 12/15 Lane : 4 Athlete: BLANCQUAERT CAMILLE					Q-time: 02:36:39
PB (50m pool): 02:36.39 Antwerpen 08/03/2026 PB (25m pool): 02:31.97 SB: 02:36.39 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.63	01:17.02	01:57.56	02:36.39	
	00:36.63	00:40.39	00:40.54	00:38.83	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:14, starttime: 13:42
Heat: 14/15 Lane : 3 Athlete: DE VREESE JULIE					Q-time: 02:33:42
PB (50m pool): 02:33.42 Antwerpen 08/03/2026 PB (25m pool): 02:31.26 SB: 02:33.42 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.69	01:14.13	01:54.46	02:33.42	
	00:35.69	00:38.44	00:40.33	00:38.96	
					

Coach feedback: