

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

Coachinfo: Warming up from: 07:00 untill 08:15. 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: 17: 400M FREESTYLE WOMEN 13-14 Heat:11, starttime: 09:25

Heat: 11/12 Lane : 5 Athlete: BIERINCKX MIE Q-time: 04:46:59

PB (50m pool): 04:46.59 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 04:47.82 SB: 04:46.59 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	00:32.49	01:08.74	01:45.86	02:22.52	02:59.32	03:36.37	04:12.40	04:46.59
	00:32.49	00:36.25	00:37.12	00:36.66	00:36.80	00:37.05	00:36.03	00:34.19
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12 Heat:5, starttime: 10:15

Heat: 5/20 Lane : 8 Athlete: KENIS LOLA Q-time: 01:32:37

PB (50m pool): 01:37.78 Antwerpen 15/03/2026 PB (25m pool): 01:32.37 SB: 01:37.78 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:47.51	01:37.78	
	00:47.51	00:50.27	
			

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12 Heat:12, starttime: 11:32

Heat: 12/12 Lane : 1 Athlete: MERTENS DIETER Q-time: 02:42:24

PB (50m pool): 02:43.56 Antwerpen 08/03/2026 PB (25m pool): 02:42.24 SB: 02:43.56 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.02	01:16.99	02:06.52	02:43.56	
	00:35.02	00:41.97	00:49.53	00:37.04	
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:9, starttime: 13:24	
Heat: 9/15 Lane : 6 Athlete: BIERINCKX MIE					Q-time: 02:41:60	
PB (50m pool): 02:41.60 Antwerpen 08/03/2026						
PB (25m pool): 02:38.49SB: 02:41.60 Antwerpen 08/03/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.40	01:17.96	02:01.04	02:41.60		
	00:36.40	00:41.56	00:43.08	00:40.56		
						

Coach feedback: