

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

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

Coaches: Vlamijnck Robin HEADCOACH

Coaches: Lasoen Sam

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14 Heat:6, starttime: 08:58

Heat: 6/12 Lane : 1 Athlete: LONCKE JUTTA Q-time: 05:01:77

PB (50m pool): 05:01.77 Antwerpen 20/07/2025 PB (25m pool): 04:59.60 SB: 05:06.20 Lochristi 01/02/2026

	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	00:33.27	01:10.58	01:49.35	02:28.69	03:07.68	03:46.71	04:24.83	05:01.77
	00:33.27	00:37.31	00:38.77	00:39.34	00:38.99	00:39.03	00:38.12	00:36.94
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14 Heat:6, starttime: 08:58

Heat: 6/12 Lane : 2 Athlete: BUYLE GEIKE Q-time: 05:01:44

PB (50m pool): 05:01.44 Lochristi 01/02/2026 PB (25m pool): 04:59.10 SB: 05:01.44 Lochristi 01/02/2026

	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	no time	01:10.80	no time	02:29.47	no time	no time	no time	05:01.44
	no time							
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14 Heat:7, starttime: 09:04

Heat: 7/12 Lane : 2 Athlete: BERKEIN ALESSIA Q-time: 04:59:95

PB (50m pool): 04:59.95 Lochristi 01/02/2026 PB (25m pool): 04:56.98 SB: 04:59.95 Lochristi 01/02/2026

	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	no time	01:11.26	no time	02:29.06	no time	no time	no time	04:59.95
	no time							
								

Coach feedback:

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Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:11, starttime: 09:25	
Heat: 11/12 Lane : 2 Athlete: RUTSAERT EMILY							Q-time: 04:48:99	
PB (50m pool): 04:48.99 Gent 08/02/2026				PB (25m pool): 04:40.86SB: 04:48.99 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	00:32.06	01:08.32	01:45.24	02:22.55	03:00.15	03:37.41	04:13.97	04:48.99
	00:32.06	00:36.26	00:36.92	00:37.31	00:37.60	00:37.26	00:36.56	00:35.02
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12										Heat:2, starttime: 10:08	
Heat: 2/20 Lane : 1 Athlete: VAN DE STEENE LORE										Q-time: 01:39:00	
PB (50m pool): 01:39.00 Lago Kortrijk Weide 03/05/2026										PB (25m pool): 01:32.93 SB: 01:39.00 Lago Kortrijk Weide 03/05/2026	
	5 0 M		1 0 0 M								
PB	00:49.45		01:39.00								
	00:49.45		00:49.55								
											

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12										Heat:12, starttime: 10:33																																																																															
Heat: 12/20															Lane : 5															Athlete: DE MULDER MAÏTHé															Q-time: 01:25:36																																												
PB (50m pool): 01:25.36															Lago Kortrijk Weide															03/05/2026										PB (25m pool): 01:19.60															SB: 01:25.36										Lago Kortrijk Weide															03/05/2026									
	5 0 M					1 0 0 M																																																																																			
PB	00:41.39					01:25.36																																																																																			
	00:41.39					00:43.97																																																																																			
																																																																																									

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14										Heat:6, starttime: 11:45	
Heat: 6/9 Lane : 7 Athlete: LONCKE JUTTA								Q-time: 01:23:70			
PB (50m pool): 01:23.70 Antwerpen 20/07/2025						PB (25m pool): 01:23.03SB: 01:26.80 Antwerpen 08/03/2026					
	5 0 M		1 0 0 M								
PB	00:39.61		01:23.70								
	00:39.61		00:44.09								
											

Coach feedback:

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Event number: 21: 100M BREASTSTROKE WOMEN 13-14							Heat:8, starttime: 11:49		
Heat: 8/9 Lane : 1 Athlete: BERKEIN ALESSIA							Q-time: 01:21:88		
PB (50m pool): 01:21.88 Lago Kortrijk Weide 03/05/2026							PB (25m pool): 01:19.06SB: 01:21.88 Lago Kortrijk Weide 03/05/2026		
	5 0 M		1 0 0 M						
PB	00:38.33		01:21.88						
	00:38.33		00:43.55						
									

Coach feedback:

Event number: 22: 1500M FREESTYLE MEN 13-14							Heat:2, starttime: 12:14	
Heat: 2/3 Lane : 5 Athlete: VROMAN FINN							Q-time: 18:47:95	
PB (50m pool): 18:47.95 Antwerpen 20/07/2025			PB (25m pool): 19:21.19SB: 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	00:32.47	01:09.21	01:46.72	02:24.94	03:02.79	03:41.16	04:18.90	04:57.41
	00:32.47	00:36.74	00:37.51	00:38.22	00:37.85	00:38.37	00:37.74	00:38.51
								

	450 M	500 M	550 M	600 M	650 M	700 M	750 M	800 M
PB	05:35.76	06:13.31	06:50.46	07:28.14	08:06.03	08:43.72	09:21.70	09:59.94
	00:38.35	00:37.55	00:37.15	00:37.68	00:37.89	00:37.69	00:37.98	00:38.24
								

	850 M	900 M	950 M	1000 M	1050 M	1100 M	1150 M	1200 M
PB	10:38.08	11:16.19	11:54.08	12:32.05	13:09.78	13:48.23	14:26.27	15:04.68
	00:38.14	00:38.11	00:37.89	00:37.97	00:37.73	00:38.45	00:38.04	00:38.41
								

	1150 M	1300 M	1350 M	1400 M	1450 M	1500 M	
PB	15:41.85	16:19.94	16:57.79	17:35.31	18:12.34	18:47.95	
	00:37.17	00:38.09	00:37.85	00:37.52	00:37.03	00:35.61	
							

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 13:13
Heat: 6/15 Lane : 7 Athlete: DE WULF ALEXINE					Q-time: 02:44:28
PB (50m pool): 02:52.43 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 02:44.28 SB: 02:52.43 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.69	01:23.32	02:08.75	02:52.43	
	00:39.69	00:43.63	00:45.43	00:43.68	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:14, starttime: 13:42
Heat: 14/15 Lane : 1 Athlete: BUYLE GEIKE					Q-time: 02:34:60
PB (50m pool): 02:34.60 Antwerpen 08/03/2026					PB (25m pool): 02:27.03 SB: 02:34.60 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.66	01:15.07	01:54.68	02:34.60	
	00:35.66	00:39.41	00:39.61	00:39.92	
					

Coach feedback: