

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

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

Coaches: Appeltans Ruth

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:8, starttime: 09:09	
Heat: 8/12 Lane : 8 Athlete: DAS LOUISE							Q-time: 04:57:73	
PB (50m pool): 04:57.73 Antwerpen 08/03/2026			PB (25m pool): 04:57.30SB: 04:57.73 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	00:31.88	01:07.44	01:44.96	02:24.13	03:03.43	03:43.18	04:20.88	04:57.73
	00:31.88	00:35.56	00:37.52	00:39.17	00:39.30	00:39.75	00:37.70	00:36.85
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12										Heat:11, starttime: 10:30	
Heat: 11/20 Lane : 7 Athlete: DAS AMELIE										Q-time: 01:26:36	
PB (50m pool): 01:26.36 SportinGenk Park 24/05/2026					PB (25m pool): 01:28.09SB: 01:26.36 SportinGenk Park 24/05/2026						
	5 0 M		1 0 0 M								
PB	00:42.40		01:26.36								
	00:42.40		00:43.96								
											

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12					Heat:8, starttime: 11:19
Heat: 8/12 Lane : 8 Athlete: PIRARD DRIEK				Q-time: 02:53:31	
PB (50m pool): 02:53.31 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:53.48SB: 02:53.31 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.04	01:22.60	02:15.47	02:53.31	
	00:38.04	00:44.56	00:52.87	00:37.84	
					

Coach feedback:

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Event number: 20: 200M MEDLEY MEN 11-12					Heat:10, starttime: 11:25
Heat: 10/12 Lane : 6 Athlete: THYS VINCE					Q-time: 02:48:07
PB (50m pool): 02:48.07 Antwerpen 08/03/2026					PB (25m pool): 02:49.24 SB: 02:48.07 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.68	01:21.65	02:10.79	02:48.07	
	00:37.68	00:43.97	00:49.14	00:37.28	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:14, starttime: 13:42
Heat: 14/15 Lane : 5 Athlete: DAS LOUISE					Q-time: 02:33:23
PB (50m pool): 02:36.31 Antwerpen 08/03/2026					PB (25m pool): 02:33.23 SB: 02:36.31 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.93	01:13.76	01:55.16	02:36.31	
	00:34.93	00:38.83	00:41.40	00:41.15	
					

Coach feedback: