

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

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

Coaches: Cauwe Pierrette HEADCOACH

Coaches: Mattheus Ibe

Coaches: Vanderhulst Kasper

Coaches: Deprez Lukas

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 : 3 Athlete: MAES JULIE							Q-time: 04:57:04	
PB (50m pool): 05:06.67 SportinGenk Park 24/05/2026			PB (25m pool): 04:57.04SB: 05:06.67 SportinGenk Park 24/05/2026					
	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	00:34.39	01:14.23	01:53.62	02:33.18	03:12.60	03:51.83	04:30.12	05:06.67
	00:34.39	00:39.84	00:39.39	00:39.56	00:39.42	00:39.23	00:38.29	00:36.55
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12							Heat:3, starttime: 10:10	
Heat: 3/20 Lane : 6 Athlete: NIJS LOES							Q-time: 01:33:45	
PB (50m pool): 01:33.45 SportinGenk Park 24/05/2026				PB (25m pool): 01:34.46 SB: 01:33.45 SportinGenk Park 24/05/2026				
	5 0 M	1 0 0 M						
PB	00:46.34	01:33.45						
	00:46.34	00:47.11						
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12							Heat:8, starttime: 10:23	
Heat: 8/20 Lane : 1 Athlete: REMANS ALICE							Q-time: 01:28:69	
PB (50m pool): 01:28.69 Antwerpen 08/03/2026				PB (25m pool): 01:24.05 SB: 01:28.69 Antwerpen 08/03/2026				
	5 0 M	1 0 0 M						
PB	00:42.05	01:28.69						
	00:42.05	00:46.64						
								

Coach feedback:

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Event number: 19: 100M BACKSTROKE WOMEN 11-12			Heat:16, starttime: 10:42
Heat: 16/20 Lane : 6 Athlete: ROSSEEL JANNE			Q-time: 01:21:45
PB (50m pool): 01:21.45 Luxembourg 26/04/2026			PB (25m pool): 01:17.97 SB: 01:21.45 Luxembourg 26/04/2026
	5 0 M	1 0 0 M	
PB	00:38.05	01:21.45	
	00:38.05	00:43.40	
			

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14			Heat:5, starttime: 11:43
Heat: 5/9 Lane : 1 Athlete: MAES JULIE			Q-time: 01:24:26
PB (50m pool): 01:28.64 Molenbeek 01/02/2026			PB (25m pool): 01:24.26 SB: 01:28.64 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:28.64	
	no time		
			

Coach feedback: