

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

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

Coaches: Desmet Carl

Coaches: De Cramer Renée

Coaches: Backs Hubert

Coaches: Van Caeyzeele Kelly HEADCOACH

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:3, starttime: 08:41	
Heat: 3/12 Lane : 7 Athlete: VANDENBROUCKE FEBE							Q-time: 05:04:58	
PB (50m pool): 05:18.52 Gent 08/02/2026			PB (25m pool): 05:04.58SB: 05:18.52 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	00:35.99	01:15.61	01:56.67	02:37.55	03:18.14	03:59.06	04:39.25	05:18.52
	00:35.99	00:39.62	00:41.06	00:40.88	00:40.59	00:40.92	00:40.19	00:39.27
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:5, starttime: 08:52	
Heat: 5/12 Lane : 6 Athlete: VAN STEENKISTE LIA							Q-time: 05:02:82	
PB (50m pool): 05:12.48 Brugge 01/02/2026			PB (25m pool): 05:02.82 SB: 05:12.48 Brugge 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	00:35.73	01:14.96	01:55.18	02:35.60	03:16.06	03:56.21	04:35.57	05:12.48
	00:35.73	00:39.23	00:40.22	00:40.42	00:40.46	00:40.15	00:39.36	00:36.91
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:9, starttime: 09:15	
Heat: 9/12 Lane : 3 Athlete: VERNIEUWE IRENE							Q-time: 04:55:98	
PB (50m pool): 05:12.57 Gent 08/02/2026			PB (25m pool): 04:55.98SB: 05:12.57 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	00:34.43	01:12.69	01:52.91	02:32.91	03:12.80	03:52.79	04:32.71	05:12.57
	00:34.43	00:38.26	00:40.22	00:40.00	00:39.89	00:39.99	00:39.92	00:39.86
								

Coach feedback:

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Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:9, starttime: 09:15	
Heat: 9/12 Lane : 7 Athlete: CLAEYS ELENA							Q-time: 04:56:67	
PB (50m pool): 04:59.87 Antwerpen 08/03/2026				PB (25m pool): 04:56.67SB: 04:59.87 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	00:32.36	01:09.09	01:47.62	02:25.65	03:03.83	03:42.62	04:21.59	04:59.87
	00:32.36	00:36.73	00:38.53	00:38.03	00:38.18	00:38.79	00:38.97	00:38.28
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:10, starttime: 09:20	
Heat: 10/12 Lane : 7 Athlete: DEKEIN YUTA							Q-time: 04:54:04	
PB (50m pool): 04:54.04 Antwerpen 19/04/2026				PB (25m pool): 05:37.42 SB: 04:54.04 Antwerpen 19/04/2026				
	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	00:32.53	01:08.25	01:45.55	02:23.90	03:02.05	03:40.34	04:18.77	04:54.04
	00:32.53	00:35.72	00:37.30	00:38.35	00:38.15	00:38.29	00:38.43	00:35.27
								

Coach feedback:

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:11, starttime: 09:25	
Heat: 11/12 Lane : 1 Athlete: HUYBEN ISOLDE							Q-time: 04:49:33	
PB (50m pool): 05:04.63 Gent 08/02/2026				PB (25m pool): 04:49.33 SB: 05:04.63 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	00:33.95	01:11.04	01:49.73	02:28.92	03:08.14	no time	04:26.76	05:04.63
	00:33.95	00:37.09	00:38.69	00:39.19	00:39.22			00:37.87
								

Coach feedback:

Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:3, starttime: 09:44			
Heat: 3/8 Lane : 8 Athlete: THIELEMANS LEON					Q-time: 03:03:74			
PB (50m pool): 03:38.54 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 03:03.74 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	03:38.54				
	no time							
								

Coach feedback:

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Event number: 18: 200M BREASTSTROKE MEN 13-14					Heat:5, starttime: 09:51
Heat: 5/8 Lane : 7 Athlete: CHRISTIAENS LUCAS					Q-time: 02:55:93
PB (50m pool): 02:55.93 Antwerpen 08/03/2026					PB (25m pool): 02:57.61 SB: 02:55.93 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.40	01:25.65	02:11.39	02:55.93	
	00:40.40	00:45.25	00:45.74	00:44.54	
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12					Heat:12, starttime: 10:33
Heat: 12/20 Lane : 6 Athlete: HUYBEN STIEN					Q-time: 01:25:79
PB (50m pool): 01:25.79 Gent 08/02/2026					PB (25m pool): 01:26.44 SB: 01:25.79 Gent 08/02/2026
	5 0 M	1 0 0 M			
PB	00:41.71	01:25.79			
	00:41.71	00:44.08			
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12					Heat:15, starttime: 10:40
Heat: 15/20 Lane : 7 Athlete: VERNIEUWE LEANNE					Q-time: 01:22:47
PB (50m pool): 01:22.47 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 01:25.75 SB: 01:22.47 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M			
PB	00:40.58	01:22.47			
	00:40.58	00:41.89			
					

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12					Heat:7, starttime: 11:15
Heat: 7/12 Lane : 2 Athlete: MOEYAERT ALEC					Q-time: 02:54:42
PB (50m pool): 03:00.26 Sportoase De Watermolen 29/03/2026					PB (25m pool): 02:54.42 SB: 03:00.26 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.60	01:27.89	02:21.04	03:00.26	
	00:40.60	00:47.29	00:53.15	00:39.22	
					

Coach feedback:

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Event number: 20: 200M MEDLEY MEN 11-12					Heat:8, starttime: 11:19
Heat: 8/12 Lane : 6 Athlete: GEERS ARNOUT					Q-time: 02:52:83
PB (50m pool): 02:57.80 Antwerpen 08/03/2026			PB (25m pool): 02:52.83 SB: 02:57.80 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.05	01:27.46	02:20.41	02:57.80	
	00:42.05	00:45.41	00:52.95	00:37.39	
					

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 13-14					Heat:6, starttime: 11:45
Heat: 6/9 Lane : 5 Athlete: VERNIEUWE IRENE					Q-time: 01:23:22
PB (50m pool): 01:23.22 Antwerpen 08/03/2026			PB (25m pool): 01:24.88 SB: 01:23.22 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M			
PB	00:38.11	01:23.22			
	00:38.11	00:45.11			
					

Coach feedback:

Event number: 22: 1500M FREESTYLE MEN 13-14							Heat:1, starttime: 11:53
Heat: 1/3 Lane : 2 Athlete: DESANTE LEON							Q-time: 20:07:65
PB (50m pool): 21:04.55 Wachtebeke 02/03/2025				PB (25m pool): 20:07.65 SB: 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
PB	no time	01:19.30	no time	02:43.55	no time	no time	no time
	no time						
							

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	11:13.89
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

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	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	no time	no time	no time	no time	no time	21:04.55	
							

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14							Heat:2, starttime: 12:57		
Heat: 2/15 Lane : 1 Athlete: VAN STEENKISTE LIA							Q-time: 02:48:28		
PB (50m pool): 02:48.28 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:50.30 SB: 02:48.28 Sportoase De Watermolen 29/03/2026									

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.32	01:21.76	02:05.72	02:48.28	
	00:39.32	00:42.44	00:43.96	00:42.56	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14						Heat:11, starttime: 13:31	
Heat: 11/15 Lane : 3 Athlete: HUYBEN ISOLDE						Q-time: 02:38:90	
PB (50m pool): 02:38.90 Sportoase De Watermolen 29/03/2026 PB (25m pool): 03:21.94 SB: 02:38.90 Sportoase De Watermolen 29/03/2026							

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.02	01:18.25	01:59.21	02:38.90	
	00:38.02	00:40.23	00:40.96	00:39.69	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14										Heat:14, starttime: 13:42	
Heat: 14/15 Lane : 2 Athlete: CLAEYS ELENA										Q-time: 02:33:67	
PB (50m pool): 02:40.12 Antwerpen 20/07/2025										PB (25m pool): 02:33.67 SB: 02:40.68 Brugge 01/02/2026	

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.66	01:17.89	01:59.62	02:40.12	
	00:36.66	00:41.23	00:41.73	00:40.50	
					

Coach feedback:

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

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:14, starttime: 13:42
Heat: 14/15 Lane : 8 Athlete: DEKEIN YUTA					Q-time: 02:34:93
PB (50m pool): 02:36.01 Brugge 01/02/2026					PB (25m pool): 02:34.93 SB: 02:36.01 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.05	01:16.45	01:57.31	02:36.01	
	00:37.05	00:39.40	00:40.86	00:38.70	
					

Coach feedback: