

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

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

Coaches: Van Den Broeck Dennis

Coaches: Bruggemans Suzanne HEADCOACH

Coaches: Van Den Broeck Michaël

Coaches: Okens Jari

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14							Heat:2, starttime: 08:36	
Heat: 2/12 Lane : 2 Athlete: NUYTKENS MARIE							Q-time: 05:07:73	
PB (50m pool): 05:28.47 Antwerpen 20/07/2025				PB (25m pool): 05:07.73SB: 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	00:35.96	01:16.88	01:58.71	02:41.31	03:23.61	04:06.40	04:48.17	05:28.47
	00:35.96	00:40.92	00:41.83	00:42.60	00:42.30	00:42.79	00:41.77	00:40.30
								

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12							Heat:12, starttime: 10:33	
Heat: 12/20 Lane : 1 Athlete: SEGHERS MILLA							Q-time: 01:26:02	
PB (50m pool): 01:26.02 Gent 08/02/2026				PB (25m pool): 01:23.05 SB: 01:26.02 Gent 08/02/2026				
	5 0 M	1 0 0 M						
PB	00:42.14	01:26.02						
	00:42.14	00:43.88						
								

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12							Heat:8, starttime: 11:19	
Heat: 8/12 Lane : 3 Athlete: DE ROOS KASPER							Q-time: 02:52:70	
PB (50m pool): 02:52.70 Wezenberg 04/01/2026				PB (25m pool): 02:45.31 SB: 02:52.70 Wezenberg 04/01/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:36.90	01:23.64	02:13.98	02:52.70				
	00:36.90	00:46.74	00:50.34	00:38.72				
								

Coach feedback:

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Event number: 21: 100M BREASTSTROKE WOMEN 13-14				Heat:4, starttime: 11:42	
Heat: 4/9 Lane : 2 Athlete: DE SITTER KIRA				Q-time: 01:24:51	
PB (50m pool): 01:28.74 Molenbeek 01/02/2026				PB (25m pool): 01:24.51 SB: 01:28.74 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M			
PB	no time	01:28.74			
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:3, starttime: 13:01	
Heat: 3/15 Lane : 5 Athlete: NUYTKENS MARIE					Q-time: 02:46:14	
PB (50m pool): 02:52.44 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:46.14 SB: 02:52.44 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:40.05	01:24.14	02:08.97	02:52.44		
	00:40.05	00:44.09	00:44.83	00:43.47		
						

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:5, starttime: 13:09	
Heat: 5/15 Lane : 5 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 02:44:83	
PB (50m pool): 02:51.18 Gent 08/02/2026					PB (25m pool): 02:44.83 SB: 02:51.18 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:39.88	01:23.51	02:08.22	02:51.18		
	00:39.88	00:43.63	00:44.71	00:42.96		
						

Coach feedback: