

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

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

Coaches: Dillen Toon

Coaches: Loos Kim HEADCOACH

PB => Personal Best time

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

Event number: 17: 400M FREESTYLE WOMEN 13-14

Heat:9, starttime: 09:15

Heat: 9/12 Lane : 8 Athlete: BOOGERS NOOR

Q-time: 04:56:95

PB (50m pool): 05:08.49 Antwerpen 19/04/2026

PB (25m pool): 04:56.95 SB: 05:08.49 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	00:35.20	01:13.37	01:51.96	02:31.36	03:10.59	03:50.67	04:30.59	05:08.49
	00:35.20	00:38.17	00:38.59	00:39.40	00:39.23	00:40.08	00:39.92	00:37.90
								

Coach feedback:

Event number: 18: 200M BREASTSTROKE MEN 13-14

Heat:8, starttime: 10:01

Heat: 8/8 Lane : 2 Athlete: DILLEN FINN

Q-time: 02:41:75

PB (50m pool): 02:46.37 Antwerpen 20/07/2025

PB (25m pool): 02:41.75 SB: 02:48.14 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.46	01:20.41	02:04.10	02:46.37	
	00:37.46	00:42.95	00:43.69	00:42.27	
					

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 11-12

Heat:3, starttime: 10:10

Heat: 3/20 Lane : 8 Athlete: AERTS SIEN

Q-time: 01:34:96

PB (50m pool): 01:39.06 Antwerpen 19/04/2026

PB (25m pool): 01:34.96 SB: 01:39.06 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	
PB	00:47.18	01:39.06	
	00:47.18	00:51.88	
			

Coach feedback:

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Event number: 19: 100M BACKSTROKE WOMEN 11-12				Heat:18, starttime: 10:47	
Heat: 18/20 Lane : 5 Athlete: DE RIDDER ROXANE				Q-time: 01:18:74	
PB (50m pool): 01:20.16 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:18.74 SB: 01:20.16 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:38.47	01:20.16			
	00:38.47	00:41.69			
					

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11-12					Heat:11, starttime: 11:29	
Heat: 11/12 Lane : 8 Athlete: MAES MATHIJS					Q-time: 02:46:84	
PB (50m pool): 02:46.84 Antwerpen 19/04/2026						
PB (25m pool): 02:47.85SB: 02:46.84 Antwerpen 19/04/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:37.48	01:20.02	02:07.54	02:46.84		
	00:37.48	00:42.54	00:47.52	00:39.30		
						

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:11, starttime: 13:31	
Heat: 11/15 Lane : 6 Athlete: BRAEKEN CHARLOTTE					Q-time: 02:39:01	
PB (50m pool): 02:46.18 Antwerpen 20/07/2025						

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:12, starttime: 13:35								
Heat: 12/15 Lane : 8 Athlete: VAN TILBURG FRAUKE					Q-time: 02:38:73								
PB (50m pool): 02:46.80 Antwerpen 08/03/2026							PB (25m pool): 02:38.73 SB: 02:46.80 Antwerpen 08/03/2026						
	5 0 M		1 0 0 M		1 5 0 M		2 0 0 M						
PB	00:38.05		01:21.25		02:04.82		02:46.80						
	00:38.05		00:43.20		00:43.57		00:41.98						
													

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13-14					Heat:13, starttime: 13:38
Heat: 13/15 Lane : 6 Athlete: BOOGERS NOOR					Q-time: 02:35:54
PB (50m pool): 02:40.13 Antwerpen 08/03/2026					PB (25m pool): 02:35.54 SB: 02:40.13 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.92	01:18.39	02:00.31	02:40.13	
	00:37.92	00:40.47	00:41.92	00:39.82	
					

Coach feedback: