

CB-BK WE1 2026: Session: 4: COACH evaluation sheet for TEAM: BZK

Coachinfo: Warming up from: 12:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Maene Stefaan HEADCOACH

Coaches: De Nolf Elina

PB => Personal Best time

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

Event number: 26: 100M FREESTYLE MEN 11-12 Heat:14, starttime: 15:54

Heat: 14/14 Lane : 4 Athlete: VERSTRAETE HENRI			Q-time: 01:03:02
PB (50m pool): 01:04.14 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:06.22 SB: 01:04.14 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:31.13	01:04.14	
	00:31.13	00:33.01	
			

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12 Heat:6, starttime: 16:28

Heat: 6/15 Lane : 5 Athlete: CALLEWAERT ANTHE							Q-time: 05:37:29	
PB (50m pool): 05:41.98 Luxembourg 26/04/2026			PB (25m pool): 05:37.29SB: 05:41.98 Luxembourg 26/04/2026					
	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	00:38.13	01:21.92	02:06.62	02:51.94	03:36.26	04:20.91	05:03.69	05:41.98
	00:38.13	00:43.79	00:44.70	00:45.32	00:44.32	00:44.65	00:42.78	00:38.29
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12 Heat:13, starttime: 17:10

Heat: 13/15 Lane : 3 Athlete: DEWITTE ELISE							Q-time: 05:15:20	
PB (50m pool): 05:16.81 Kortrijk 26/12/2025				PB (25m pool): 05:15.20SB: 05:16.81 Kortrijk 26/12/2025				
	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	01:10.67	01:51.49	02:33.53	03:14.20	03:55.72	04:39.81	05:16.81
	00:32.36	00:38.31	00:40.82	00:42.04	00:40.67	00:41.52	00:44.09	00:37.00
								

Coach feedback: