

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

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

Coaches: Taveirne Bea HEADCOACH

Coaches: Ryckeman Brian

PB => Personal Best time

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

Event number: 24: 200M MEDLEY MEN 13-14					Heat:8, starttime: 14:53
Heat: 8/17 Lane : 4 Athlete: VANDEVIJVERE LARS					Q-time: 02:41:34
PB (50m pool): 02:41.34 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:52.31 SB: 02:41.34 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.25	01:17.94	02:07.52	02:41.34	
	00:34.25	00:43.69	00:49.58	00:33.82	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14					Heat:16, starttime: 15:18
Heat: 16/17 Lane : 3 Athlete: VAN CRAEYNES BAS					Q-time: 02:28:65
PB (50m pool): 02:28.65 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:28.99 SB: 02:28.65 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.19	01:13.85	01:53.68	02:28.65	
	00:34.19	00:39.66	00:39.83	00:34.97	
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12					Heat:8, starttime: 15:44
Heat: 8/14 Lane : 6 Athlete: Ferket Aidan					Q-time: 01:12:23
PB (50m pool): 01:16.76 Antwerpen 15/03/2026 PB (25m pool): 01:20.47 SB: 01:16.76 Antwerpen 15/03/2026					
	5 0 M	1 0 0 M			
PB	00:37.75	01:16.76			
	00:37.75	00:39.01			
					

Coach feedback:

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Event number: 26: 100M FREESTYLE MEN 11-12				Heat:12, starttime: 15:51			
Heat: 12/14 Lane : 1 Athlete: LAFORCE LANDER				Q-time: 01:07:73			
PB (50m pool): 01:08.65 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:09.92 SB: 01:08.65 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M					
PB	00:32.56	01:08.65					
	00:32.56	00:36.09					
							

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12				Heat:13, starttime: 15:52			
Heat: 13/14 Lane : 3 Athlete: STAELENS TYLER				Q-time: 01:06:11			
PB (50m pool): 01:06.91 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:08.56 SB: 01:06.91 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M					
PB	00:31.99	01:06.91					
	00:31.99	00:34.92					
							

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12				Heat:14, starttime: 15:54			
Heat: 14/14 Lane : 1 Athlete: DAUWE LARS				Q-time: 01:05:14			
PB (50m pool): 01:05.14 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:05.28 SB: 01:05.14 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M					
PB	00:31.50	01:05.14					
	00:31.50	00:33.64					
							

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:9, starttime: 16:46	
Heat: 9/15 Lane : 4 Athlete: ANTIERENS LOUISE							Q-time: 05:25:79	
PB (50m pool): 05:25.79 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 05:37.87 SB: 05:25.79 Zwembad Brigitte Becue 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	00:38.18	01:19.69	02:01.79	02:43.32	03:25.06	04:06.65	04:47.20	05:25.79
	00:38.18	00:41.51	00:42.10	00:41.53	00:41.74	00:41.59	00:40.55	00:38.59
								

Coach feedback:

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Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:10, starttime: 16:52	
Heat: 10/15 Lane : 4 Athlete: CANNIERE ERIN							Q-time: 05:24:05	
PB (50m pool): 05:24.05 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 05:42.30 SB: 05:24.05 Zwembad Brigitte Becue 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	00:36.57	01:17.77	02:00.19	02:42.25	03:23.97	04:05.45	04:45.40	05:24.05
	00:36.57	00:41.20	00:42.42	00:42.06	00:41.72	00:41.48	00:39.95	00:38.65
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:15, starttime: 17:21	
Heat: 15/15 Lane : 4 Athlete: RYCKEMAN ELLA							Q-time: 04:51:50	
PB (50m pool): 05:14.77 Antwerpen 20/07/2025				PB (25m pool): 04:51.50SB: 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	00:35.82	01:15.84	01:56.86	02:37.93	03:19.11	03:58.81	04:38.54	05:14.77
	00:35.82	00:40.02	00:41.02	00:41.07	00:41.18	00:39.70	00:39.73	00:36.23
								

Coach feedback:

Event number: 29: 4x100M MEDLEY MEN 11-12							Heat:2, starttime: 18:07	
Heat: 2/2 Lane : 4 Athlete: TEAM ROSC 1							Q-time: 05:13:83	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback:

Event number: 30: 4x100M FREESTYLE WOMEN 11-12							Heat:3, starttime: 18:25	
Heat: 3/3 Lane : 7 Athlete: TEAM ROSC 1							Q-time: 04:45:38	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: