

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

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

Coaches: Vlamijnck Robin HEADCOACH

Coaches: Lasoen Sam

PB => Personal Best time

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

Event number: 24: 200M MEDLEY MEN 13-14					Heat:3, starttime: 14:37
Heat: 3/17 Lane : 1 Athlete: DE SMET KOBE					Q-time: 02:49:14
PB (50m pool): 02:49.14 Gent 08/02/2026					PB (25m pool): 02:49.36 SB: 02:49.14 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.13	01:20.07	02:11.62	02:49.14	
	00:37.13	00:42.94	00:51.55	00:37.52	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14					Heat:13, starttime: 15:09
Heat: 13/17 Lane : 5 Athlete: VROMAN FINN					Q-time: 02:35:63
PB (50m pool): 02:35.63 Antwerpen 08/03/2026					PB (25m pool): 02:36.59 SB: 02:35.63 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.58	01:13.52	02:00.22	02:35.63	
	00:33.58	00:39.94	00:46.70	00:35.41	
					

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:4, starttime: 16:15	
Heat: 4/15 Lane : 4 Athlete: VAN DE STEENE LORE							Q-time: 05:48:01	
PB (50m pool): 05:48.01 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 05:46.98 SB: 05:48.01 Lago Kortrijk Weide 03/05/2026				
	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	00:38.62	01:21.05	02:04.67	02:49.89	03:35.70	04:21.80	05:05.64	05:48.01
	00:38.62	00:42.43	00:43.62	00:45.22	00:45.81	00:46.10	00:43.84	00:42.37
								

Coach feedback:

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Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:9, starttime: 16:46	
Heat: 9/15 Lane : 6 Athlete: DE MUER ANNA							Q-time: 05:26:41	
PB (50m pool): 05:30.25 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 05:26.41 SB: 05:30.25 Lago Kortrijk Weide 03/05/2026				
	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	00:36.69	01:18.20	02:00.05	02:42.91	03:24.65	04:07.37	04:49.18	05:30.25
	00:36.69	00:41.51	00:41.85	00:42.86	00:41.74	00:42.72	00:41.81	00:41.07
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:10, starttime: 16:52	
Heat: 10/15 Lane : 2 Athlete: DE MULDER MAÏTHÉ							Q-time: 05:24:96	
PB (50m pool): 05:39.01 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 05:24.96 SB: 05:39.01 Lago Kortrijk Weide 03/05/2026				
	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	00:37.54	01:19.87	02:02.75	02:45.84	03:29.59	04:13.66	04:56.96	05:39.01
	00:37.54	00:42.33	00:42.88	00:43.09	00:43.75	00:44.07	00:43.30	00:42.05
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:11, starttime: 16:58	
Heat: 11/15 Lane : 8 Athlete: BERKEIN FRANCESCA							Q-time: 05:23:57	
PB (50m pool): 05:23.57 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 05:21.63 SB: 05:23.57 Lago Kortrijk Weide 03/05/2026				
	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	00:36.83	01:17.72	01:59.61	02:41.49	03:22.81	04:04.63	04:45.39	05:23.57
	00:36.83	00:40.89	00:41.89	00:41.88	00:41.32	00:41.82	00:40.76	00:38.18
								

Coach feedback:

Event number: 30: 4x100M FREESTYLE WOMEN 11-12							Heat:3, starttime: 18:25	
Heat: 3/3 Lane : 4 Athlete: TEAM STA 2							Q-time: 04:31:99	
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: