

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

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

Coaches: Cauwe Pierrette HEADCOACH

Coaches: Mattheus Ibe

Coaches: Vanderhulst Kasper

Coaches: Deprez Lukas

PB => Personal Best time

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

Event number: 24: 200M MEDLEY MEN 13-14					Heat:2, starttime: 14:33
Heat: 2/17 Lane : 7 Athlete: LEMMENS LUCA					Q-time: 02:49:99
PB (50m pool): 02:57.28 SportinGenk Park 24/05/2026					PB (25m pool): 02:49.99 SB: 02:57.28 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.69	01:25.43	02:17.47	02:57.28	
	00:36.69	00:48.74	00:52.04	00:39.81	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14					Heat:12, starttime: 15:06
Heat: 12/17 Lane : 1 Athlete: NIJS BAS					Q-time: 02:36:98
PB (50m pool): 02:54.68 Antwerp 26/01/2025					PB (25m pool): 02:36.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.91	01:24.05	02:17.44	02:54.68	
	00:39.91	00:44.14	00:53.39	00:37.24	
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12					Heat:2, starttime: 15:33
Heat: 2/14 Lane : 3 Athlete: MAES TILL					Q-time: 01:18:66
PB (50m pool): 01:18.66 Antwerpen 15/03/2026					PB (25m pool): 01:17.73 SB: 01:18.66 Antwerpen 15/03/2026
	5 0 M	1 0 0 M			
PB	00:38.29	01:18.66			
	00:38.29	00:40.37			
					

Coach feedback:

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Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:4, starttime: 16:15	
Heat: 4/15 Lane : 2 Athlete: VANDINGENEN JOKE							Q-time: 05:48:49	
PB (50m pool): 05:57.53 Seraing 14/05/2026				PB (25m pool): 05:48.49SB: 05:57.53 Seraing 14/05/2026				
	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	00:40.20	01:25.66	02:11.39	02:56.89	03:43.94	04:29.08	05:14.68	05:57.53
	00:40.20	00:45.46	00:45.73	00:45.50	00:47.05	00:45.14	00:45.60	00:42.85
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:5, starttime: 16:22	
Heat: 5/15 Lane : 6 Athlete: REMANS ALICE							Q-time: 05:45:73	
PB (50m pool): 05:45.73 Seraing 14/05/2026				PB (25m pool): 05:35.80SB: 05:45.73 Seraing 14/05/2026				
	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	00:37.55	01:19.86	02:02.83	02:46.86	03:31.61	04:17.67	05:01.41	05:45.73
	00:37.55	00:42.31	00:42.97	00:44.03	00:44.75	00:46.06	00:43.74	00:44.32
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:11, starttime: 16:58	
Heat: 11/15 Lane : 4 Athlete: ROSSEEL JANNE							Q-time: 05:20:78	
PB (50m pool): 05:37.60 Antwerpen 20/07/2025				PB (25m pool): 05:20.78 SB: 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	00:37.93	01:19.88	02:02.92	02:46.16	03:30.43	04:13.94	04:56.71	05:37.60
	00:37.93	00:41.95	00:43.04	00:43.24	00:44.27	00:43.51	00:42.77	00:40.89
								

Coach feedback:

Event number: 28: 100M FREESTYLE MEN 13-14							Heat:5, starttime: 17:34		
Heat: 5/8 Lane : 8 Athlete: NIJS BAS							Q-time: 01:01:77		
PB (50m pool): 01:03.87 Luxembourg 26/04/2026				PB (25m pool): 01:01.77SB: 01:03.87 Luxembourg 26/04/2026					
	5 0 M		1 0 0 M						
PB	00:30.66		01:03.87						
	00:30.66		00:33.21						
									

Coach feedback:

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Event number: 30: 4x100M FREESTYLE WOMEN 11-12							Heat:2, starttime: 18:19	
Heat: 2/3 Lane : 7 Athlete: TEAM TRUST 2							Q-time: 05:10:02	
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: