

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

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

Coaches: Michiels Hans HEADCOACH

Coaches: Hanssens Yash

Coaches: Verluyten Philippe

PB => Personal Best time

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

Event number: 24: 200M MEDLEY MEN 13-14					Heat:11, starttime: 15:03
Heat: 11/17 Lane : 4 Athlete: AERENS JEF					Q-time: 02:37:12
PB (50m pool): 02:42.63 Antwerpen 08/03/2026					PB (25m pool): 02:37.12 SB: 02:42.63 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.48	01:17.22	02:04.56	02:42.63	
	00:34.48	00:42.74	00:47.34	00:38.07	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14					Heat:12, starttime: 15:06
Heat: 12/17 Lane : 5 Athlete: KARER MALIK					Q-time: 02:36:63
PB (50m pool): 02:40.49 Antwerpen 08/03/2026					PB (25m pool): 02:36.63 SB: 02:40.49 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.59	01:18.21	02:03.09	02:40.49	
	00:36.59	00:41.62	00:44.88	00:37.40	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14					Heat:13, starttime: 15:09
Heat: 13/17 Lane : 7 Athlete: RENDERS KLAAS					Q-time: 02:36:30
PB (50m pool): 02:45.84 Sportoase De Watermolen 29/03/2026					PB (25m pool): 02:36.30 SB: 02:45.84 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.77	01:15.74	02:08.88	02:45.84	
	00:34.77	00:40.97	00:53.14	00:36.96	
					

Coach feedback:

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Event number: 25: 200M BUTTERFLY WOMEN 13-14					Heat:1, starttime: 15:25
Heat: 1/2 Lane : 7 Athlete: VAN BUNDER INEZ					Q-time: 02:43:54
PB (50m pool): 02:43.54 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:51.03 SB: 02:43.54 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.83	01:20.37	02:02.46	02:43.54	
	00:36.83	00:43.54	00:42.09	00:41.08	
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12					Heat:4, starttime: 15:37
Heat: 4/14 Lane : 3 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN					Q-time: 01:15:30
PB (50m pool): 01:15.30 Gent 08/02/2026 PB (25m pool): 01:14.04 SB: 01:15.30 Gent 08/02/2026					
	5 0 M	1 0 0 M			
PB	00:37.06	01:15.30			
	00:37.06	00:38.24			
					

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:3, starttime: 16:09	
Heat: 3/15 Lane : 1 Athlete: GOEMINNE ELLEMIEKE							Q-time: 05:50:23	
PB (50m pool): 05:57.27 Sportoase De Watermolen 24/05/2026 PB (25m pool): 05:50.23SB: 05:57.27 Sportoase De Watermolen 24/05/2026								
	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	00:40.84	01:25.48	02:10.32	02:55.85	03:41.67	04:27.20	05:12.81	05:57.27
	00:40.84	00:44.64	00:44.84	00:45.53	00:45.82	00:45.53	00:45.61	00:44.46
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:3, starttime: 16:09	
Heat: 3/15 Lane : 3 Athlete: FOUBERT SANNE							Q-time: 05:49:32	
PB (50m pool): no time			PB (25m pool): 05:49.32 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14							Heat:4, starttime: 17:32		
Heat: 4/8 Lane : 1 Athlete: KARER MALIK							Q-time: 01:02:28		
PB (50m pool): 01:05.53 Lago Gent Rozebroeken 03/05/2026							PB (25m pool): 01:02.28 SB: 01:05.53 Lago Gent Rozebroeken 03/05/2026		
	5 0 M		1 0 0 M						
PB	00:31.63		01:05.53						
	00:31.63		00:33.90						
									

Coach feedback:

Event number: 30: 4x100M FREESTYLE WOMEN 11-12							Heat:2, starttime: 18:19	
Heat: 2/3 Lane : 6 Athlete: TEAM TSZ 12							Q-time: 05:02:06	
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: 31: 4x100M MEDLEY MEN 13-14							Heat:2, starttime: 18:37	
Heat: 2/2 Lane : 8 Athlete: TEAM TSZ 21							Q-time: 04:55:01	
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: