

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

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

Coaches: Lefever Elisa

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 : 6 Athlete: VANHAECKE LOWIE

Q-time: 02:48:83

PB (50m pool): 02:48.83 Antwerpen 20/07/2025

PB (25m pool): 02:46.45 SB: 02:51.56 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.30	01:21.83	02:12.39	02:48.83	
	00:40.30	00:41.53	00:50.56	00:36.44	
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12

Heat:4, starttime: 15:37

Heat: 4/14 Lane : 7 Athlete: MOERMAN JASPER

Q-time: 01:15:58

PB (50m pool): 01:15.58 Antwerpen 08/03/2026

PB (25m pool): 01:11.76 SB: 01:15.58 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:36.58	01:15.58	
	00:36.58	00:39.00	
			

Coach feedback: