

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

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

Coaches: Loeman Efiennia

Coaches: Pelgrims Ans

Coaches: Salaets Pieter

Coaches: Verbinnen Nadine

Coaches: Janssen Koen

Coaches: Wauters Tine HEADCOACH

Coaches: Claes Lieselotte

Coaches: Coremans Vicky

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 : 8 Athlete: VANDENWEGHE DRIES Q-time: 02:50:18

PB (50m pool): 03:06.20 SportinGenk Park 11/11/2025 PB (25m pool): 02:50.18 SB: 03:06.20 SportinGenk Park 11/11/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:06.20	
	no time				
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 13-14 Heat:12, starttime: 15:06

Heat: 12/17 Lane : 4 Athlete: MERTENS LANDER Q-time: 02:36:59

PB (50m pool): 02:52.19 SportinGenk Park 11/11/2025 PB (25m pool): 02:36.59 SB: 02:52.19 SportinGenk Park 11/11/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:52.19	
	no time				
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12 Heat:8, starttime: 15:44

Heat: 8/14 Lane : 7 Athlete: SOENS JACK Q-time: 01:12:38

PB (50m pool): 01:12.38 Molenbeek 01/02/2026 PB (25m pool): 01:11.52 SB: 01:12.38 Molenbeek 01/02/2026

	5 0 M	1 0 0 M	
PB	no time	01:12.38	
	no time		
			

Coach feedback:

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Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:34	
Heat: 7/15 Lane : 2 Athlete: BOND MAYA							Q-time: 05:32:24	
PB (50m pool): 05:32.24 Antwerpen 20/07/2025				PB (25m pool): 05:25.58SB: 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	00:37.36	01:18.70	02:01.04	02:43.42	03:26.29	04:09.50	04:51.80	05:32.24
	00:37.36	00:41.34	00:42.34	00:42.38	00:42.87	00:43.21	00:42.30	00:40.44
								

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:34	
Heat: 7/15 Lane : 7 Athlete: SALAETS TESS							Q-time: 05:32:98	
PB (50m pool): no time			PB (25m pool): 05:32.98SB: 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:

Event number: 27: 400M FREESTYLE WOMEN 11-12							Heat:9, starttime: 16:46	
Heat: 9/15 Lane : 8 Athlete: BELIAEV EMILY							Q-time: 05:27:46	
PB (50m pool): no time			PB (25m pool): 05:27.46 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: