

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

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

Coaches: Dillen Toon

Coaches: Loos Kim HEADCOACH

PB => Personal Best time

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

Event number: 24: 200M MEDLEY MEN 13-14 Heat:16, starttime: 15:18

Heat: 16/17 Lane : 1 Athlete: DILLEN FINN					Q-time: 02:29:89
PB (50m pool): 02:30.72 Antwerpen 19/04/2026					PB (25m pool): 02:29.89 SB: 02:30.72 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.55	01:13.58	01:56.55	02:30.72	
	00:32.55	00:41.03	00:42.97	00:34.17	
					

Coach feedback:

Event number: 26: 100M FREESTYLE MEN 11-12 Heat:13, starttime: 15:52

Heat: 13/14 Lane : 8 Athlete: MAES MATHIJS					Q-time: 01:07:17
PB (50m pool): 01:07.17 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 01:07.44 SB: 01:07.17 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M			
PB	00:32.16	01:07.17			
	00:32.16	00:35.01			
					

Coach feedback:

Event number: 27: 400M FREESTYLE WOMEN 11-12 Heat:8, starttime: 16:40

Heat: 8/15 Lane : 4 Athlete: DE RIDDER ROXANE								Q-time: 05:27:86
PB (50m pool): 05:31.91 Antwerpen 20/07/2025				PB (25m pool): 05:27.86 SB: 05:40.25 Antwerpen 19/04/2026				
	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	00:37.65	01:19.07	02:01.75	02:44.42	03:27.01	04:10.26	04:51.71	05:31.91
	00:37.65	00:41.42	00:42.68	00:42.67	00:42.59	00:43.25	00:41.45	00:40.20
								

Coach feedback:

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Event number: 28: 100M FREESTYLE MEN 13-14			Heat:8, starttime: 17:38
Heat: 8/8 Lane : 1 Athlete: DILLEN FINN			Q-time: 00:58:71
PB (50m pool): 00:59.16 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 00:58.71 SB: 00:59.16 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:28.25	00:59.16	
	00:28.25	00:30.91	
			

Coach feedback: