

CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Roosbeek Stefanie HEADCOACH

PB => Personal Best time

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

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:7, starttime: 09:03	
Heat: 7/9 Lane : 8 Athlete: PROUVé VIKTOR							Q-time: 04:45:79	
PB (50m pool): 04:54.87 Antwerpen 08/03/2026				PB (25m pool): 04:45.79SB: 04:54.87 Antwerpen 08/03/2026				
	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	00:31.93	01:09.05	01:47.29	02:25.11	03:02.89	03:41.13	04:18.66	04:54.87
	00:31.93	00:37.12	00:38.24	00:37.82	00:37.78	00:38.24	00:37.53	00:36.21
								

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12							Heat:16, starttime: 10:41		
Heat: 16/20 Lane : 2 Athlete: GHOOS KATO							Q-time: 01:10:13		
PB (50m pool): 01:11.91 Wezenberg 04/01/2026				PB (25m pool): 01:10.13SB: 01:11.91 Wezenberg 04/01/2026					
	5 0 M		1 0 0 M						
PB	00:36.16		01:11.91						
	00:36.16		00:35.75						
									

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN 13-14							Heat:7, starttime: 11:03		
Heat: 7/10 Lane : 6 Athlete: PROUVé VIKTOR							Q-time: 01:11:01		
PB (50m pool): 01:13.67 Antwerpen 08/03/2026				PB (25m pool): 01:11.01SB: 01:13.67 Antwerpen 08/03/2026					
	5 0 M		1 0 0 M						
PB	00:36.24		01:13.67						
	00:36.24		00:37.43						
									

Coach feedback: