

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

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

PB => Personal Best time

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

Event number: 32: 400M FREESTYLE MEN 13-14

Heat:4, starttime: 08:47

Heat: 4/9 Lane : 5 Athlete: TORDEUR KILIAN

Q-time: 04:50:78

PB (50m pool): 04:50.78 Antwerpen 08/03/2026

PB (25m pool): 04:45.52 SB: 04:50.78 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	00:32.00	01:07.89	01:44.88	02:22.26	03:00.03	03:37.91	04:15.24	04:50.78
	00:32.00	00:35.89	00:36.99	00:37.38	00:37.77	00:37.88	00:37.33	00:35.54
								

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12

Heat:3, starttime: 09:56

Heat: 3/11 Lane : 2 Athlete: VANRUSSELT RAFAËL

Q-time: 01:35:89

PB (50m pool): 01:35.89 Antwerpen 20/07/2025

PB (25m pool): 01:28.27 SB: 01:38.67 Düsseldorf 14/12/2025

	5 0 M	1 0 0 M	
PB	00:42.91	01:35.89	
	00:42.91	00:52.98	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12

Heat:16, starttime: 10:41

Heat: 16/20 Lane : 5 Athlete: VANHEES HANNAH

Q-time: 01:09:37

PB (50m pool): 01:09.37 Antwerpen 08/03/2026

PB (25m pool): 01:07.03 SB: 01:09.37 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:33.88	01:09.37	
	00:33.88	00:35.49	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE MEN 13-14						Heat:5, starttime: 10:59	
Heat: 5/10 Lane : 6 Athlete: TORDEUR KILIAN						Q-time: 01:14:19	
PB (50m pool): 01:13.93 Eindhoven 28/06/2026						PB (25m pool): 01:11.21 SB: 01:13.93 Eindhoven 28/06/2026	
	5 0 M	1 0 0 M					
PB	00:35.95	01:13.93					
	00:35.95	00:37.98					
							

Coach feedback:

Event number: 37: 200M BREASTSTROKE WOMEN 13-14					Heat:4, starttime: 11:23	
Heat: 4/8 Lane : 7 Athlete: JANSSEN LAUREN					Q-time: 03:02:66	
PB (50m pool): 02:59.20 Eindhoven 28/06/2026					PB (25m pool): 03:02.75 SB: 02:59.20 Eindhoven 28/06/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:39.99	01:26.11	02:12.80	02:59.20		
	00:39.99	00:46.12	00:46.69	00:46.40		
						

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 13-14						Heat:3, starttime: 11:45	
Heat: 3/8 Lane : 8 Athlete: THOELLEN SIMON						Q-time: 01:24:77	
PB (50m pool): 01:24.32 Eindhoven 28/06/2026						PB (25m pool): 01:26.06SB: 01:24.32 Eindhoven 28/06/2026	
	5 0 M	1 0 0 M					
PB	00:39.59	01:24.32					
	00:39.59	00:44.73					
							

Coach feedback: