

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

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

Coaches: VAN DRIESSE BRITT

Coaches: LEPLA MARTINE

PB => Personal Best time

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

Event number: 32: 400M FREESTYLE MEN 13-14 Heat:2, starttime: 08:36

Heat: 2/9 Lane : 7 Athlete: DE BRUYNE SANDER Q-time: 04:59:14

PB (50m pool): 04:59.14 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 05:54.08 SB: 04:59.14 Lago Kortrijk Weide 03/05/2026

	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	00:33.49	01:11.40	01:49.67	02:28.87	03:06.74	03:44.93	04:22.13	04:59.14
	00:33.49	00:37.91	00:38.27	00:39.20	00:37.87	00:38.19	00:37.20	00:37.01
								

Coach feedback:

Event number: 32: 400M FREESTYLE MEN 13-14 Heat:3, starttime: 08:41

Heat: 3/9 Lane : 5 Athlete: CLAEYS YBO Q-time: 04:53:51

PB (50m pool): 04:53.51 Gent 08/02/2026 PB (25m pool): 05:27.86 SB: 04:53.51 Gent 08/02/2026

	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	00:32.26	01:08.77	01:46.41	02:23.75	03:01.51	03:39.49	04:17.21	04:53.51
	00:32.26	00:36.51	00:37.64	00:37.34	00:37.76	00:37.98	00:37.72	00:36.30
								

Coach feedback:

Event number: 32: 400M FREESTYLE MEN 13-14 Heat:4, starttime: 08:47

Heat: 4/9 Lane : 4 Athlete: BERVILLE BRICE Q-time: 04:50:69

PB (50m pool): 04:50.69 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 05:37.05 SB: 04:50.69 Lago Kortrijk Weide 03/05/2026

	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	00:32.29	01:09.57	01:47.18	02:25.18	03:02.60	03:40.76	04:16.78	04:50.69
	00:32.29	00:37.28	00:37.61	00:38.00	00:37.42	00:38.16	00:36.02	00:33.91
								

Coach feedback:

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Event number: 32: 400M FREESTYLE MEN 13-14							Heat:7, starttime: 09:03	
Heat: 7/9 Lane : 2 Athlete: HAUSPIE NIEL							Q-time: 04:45:20	
PB (50m pool): 04:45.20 Gent 08/02/2026				PB (25m pool): 04:48.32SB: 04:45.20 Gent 08/02/2026				
	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	00:31.74	01:07.68	01:44.35	02:21.14	no time	03:34.21	04:10.40	04:45.20
	00:31.74	00:35.94	00:36.67	00:36.79			00:36.19	00:34.80
								

Coach feedback:

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:9, starttime: 09:13	
Heat: 9/9 Lane : 8 Athlete: VINCENT RUNE							Q-time: 04:33:94	
PB (50m pool): 04:33.94 Antwerpen 19/04/2026			PB (25m pool): 04:42.54SB: 04:33.94 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	00:30.60	01:04.86	01:40.20	02:15.54	02:50.52	03:25.46	04:00.78	04:33.94
	00:30.60	00:34.26	00:35.34	00:35.34	00:34.98	00:34.94	00:35.32	00:33.16
								

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12										Heat:5, starttime: 10:00	
Heat: 5/11 Lane : 2 Athlete: DE BRUYNE SENNE										Q-time: 01:28:46	
PB (50m pool): 01:28.46 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 01:28.22 SB: 01:28.46 Lago Kortrijk Weide 03/05/2026						
	5 0 M		1 0 0 M								
PB	00:38.79		01:28.46								
	00:38.79		00:49.67								
											

Coach feedback:

Event number: 34: 100M BUTTERFLY MEN 11-12							Heat:9, starttime: 10:08	
Heat: 9/11 Lane : 7 Athlete: ROGIERS JACK						Q-time: 01:21:74		
PB (50m pool): 01:21.74 MOUSCRON 25/05/2026				PB (25m pool): 01:27.57 SB: 01:21.74 MOUSCRON 25/05/2026				
	5 0 M	1 0 0 M						
PB	00:36.92	01:21.74						
	00:36.92	00:44.82						
								

Coach feedback:

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Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:4, starttime: 10:20
Heat: 4/20 Lane : 4 Athlete: SEYS LOUISE			Q-time: 01:19:09
PB (50m pool): 01:19.09 Brugge 01/02/2026			PB (25m pool): 01:15.95 SB: 01:19.09 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.22	01:19.09	
	00:38.22	00:40.87	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:9, starttime: 10:29
Heat: 9/20 Lane : 6 Athlete: BEELE SAAR			Q-time: 01:15:44
PB (50m pool): 01:15.44 Brugge 01/02/2026			PB (25m pool): 01:15.98 SB: 01:15.44 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:36.19	01:15.44	
	00:36.19	00:39.25	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN 13-14			Heat:5, starttime: 10:59
Heat: 5/10 Lane : 2 Athlete: CLAEYS YBO			Q-time: 01:14:26
PB (50m pool): 01:14.26 Antwerpen 19/04/2026			PB (25m pool): 01:14.42 SB: 01:14.26 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:36.32	01:14.26	
	00:36.32	00:37.94	
			

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 13-14			Heat:4, starttime: 11:47
Heat: 4/8 Lane : 2 Athlete: MEUL RUNE			Q-time: 01:22:31
PB (50m pool): 01:22.31 Antwerpen 19/04/2026			PB (25m pool): 01:21.75 SB: 01:22.31 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:38.28	01:22.31	
	00:38.28	00:44.03	
			

Coach feedback:

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Event number: 38: 100M BREASTSTROKE MEN 13-14				Heat:4, starttime: 11:47			
Heat: 4/8 Lane : 4 Athlete: CLAEYS YBO				Q-time: 01:21:76			
PB (50m pool): 01:21.76 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 01:19.08 SB: 01:21.76 Lago Kortrijk Weide 03/05/2026			
	5 0 M	1 0 0 M					
PB	00:38.57	01:21.76					
	00:38.57	00:43.19					
							

Coach feedback:

Event number: 38: 100M BREASTSTROKE MEN 13-14				Heat:7, starttime: 11:52			
Heat: 7/8 Lane : 8 Athlete: HAUSPIE NIEL				Q-time: 01:18:22			
PB (50m pool): 01:18.22 Antwerpen 08/03/2026				PB (25m pool): 01:17.00 SB: 01:18.22 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M					
PB	00:36.89	01:18.22					
	00:36.89	00:41.33					
							

Coach feedback:

Event number: 39: 4x100M FREESTYLE MIXED 11-12							Heat:2, starttime: 12:02	
Heat: 2/3 Lane : 2 Athlete: TEAM ISWIM 3							Q-time: 05:00:88	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: