

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

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

Coaches: Lauwers Joakim HEADCOACH

PB => Personal Best time

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

| Event number: 32: 400M FREESTYLE MEN 13-14         |           |           |           |                                                                |           |           | Heat:8, starttime: 09:08 |           |
|----------------------------------------------------|-----------|-----------|-----------|----------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/9    Lane : 3    Athlete: VOET LARS        |           |           |           |                                                                |           |           | Q-time: 04:38:75         |           |
| PB (50m pool): 04:44.41    Eindhoven    22/03/2026 |           |           |           | PB (25m pool): 04:38.75SB: 04:44.41    Eindhoven    22/03/2026 |           |           |                          |           |
|                                                    | 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                                                 | 00:30.53  | 01:06.01  | 01:42.51  | 02:19.22                                                       | 02:56.30  | 03:32.93  | 04:09.27                 | 04:44.41  |
|                                                    | 00:30.53  | 00:35.48  | 00:36.50  | 00:36.71                                                       | 00:37.08  | 00:36.63  | 00:36.34                 | 00:35.14  |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                      | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 37: 200M BREASTSTROKE WOMEN 13-14    |           |           |           |           | Heat:3, starttime: 11:19                                        |  |  |  |  |
|----------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------------|--|--|--|--|
| Heat: 3/8    Lane : 6    Athlete: DEVUE ROSALIE    |           |           |           |           | Q-time: 03:04:21                                                |  |  |  |  |
| PB (50m pool): 03:20.32    Molenbeek    01/02/2026 |           |           |           |           | PB (25m pool): 03:04.21 SB: 03:20.32    Molenbeek    01/02/2026 |  |  |  |  |
|                                                    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                                 |  |  |  |  |
| PB                                                 | no time   | 01:37.73  | no time   | 03:20.32  |                                                                 |  |  |  |  |
|                                                    | no time   |           |           |           |                                                                 |  |  |  |  |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . . |                                                                 |  |  |  |  |

Coach feedback:

| Event number: 38: 100M BREASTSTROKE MEN 13-14      |           |  |           |  |                                                                 |  |  |  |                  | Heat:8, starttime: 11:54 |  |
|----------------------------------------------------|-----------|--|-----------|--|-----------------------------------------------------------------|--|--|--|------------------|--------------------------|--|
| Heat: 8/8    Lane : 8    Athlete: VOET LARS        |           |  |           |  |                                                                 |  |  |  | Q-time: 01:15:12 |                          |  |
| PB (50m pool): 01:15.98    Antwerpen    08/03/2026 |           |  |           |  | PB (25m pool): 01:15.12 SB: 01:15.98    Antwerpen    08/03/2026 |  |  |  |                  |                          |  |
|                                                    | 5 0 M     |  | 1 0 0 M   |  |                                                                 |  |  |  |                  |                          |  |
| PB                                                 | 00:35.83  |  | 01:15.98  |  |                                                                 |  |  |  |                  |                          |  |
|                                                    | 00:35.83  |  | 00:40.15  |  |                                                                 |  |  |  |                  |                          |  |
|                                                    | . . . . . |  | . . . . . |  |                                                                 |  |  |  |                  |                          |  |

Coach feedback:

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|                                                |           |           |                |           |           |           |                          |           |
|------------------------------------------------|-----------|-----------|----------------|-----------|-----------|-----------|--------------------------|-----------|
| Event number: 40: 4x100M FREESTYLE MIXED 13-14 |           |           |                |           |           |           | Heat:2, starttime: 12:19 |           |
| Heat: 2/3    Lane : 6    Athlete: TEAM KAZS 1  |           |           |                |           |           |           | Q-time: 04:20:84         |           |
| 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: