

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

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

Coaches: Boonen Timotheus HEADCOACH

Coaches: Wielfaert Wout

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

Event number: 32: 400M FREESTYLE MEN 13-14							Heat:1, starttime: 08:30	
Heat: 1/9 Lane : 2 Athlete: BOONEN KAREL							Q-time: 05:03:13	
PB (50m pool): 05:16.42 Antwerpen 20/07/2025				PB (25m pool): 05:03.13 SB: 05:21.78 Zwembad Brigitte Becue 26/04/2026				
	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	00:34.25	01:12.73	01:53.46	02:34.11	03:15.34	03:56.03	04:36.87	05:16.42
	00:34.25	00:38.48	00:40.73	00:40.65	00:41.23	00:40.69	00:40.84	00:39.55
								

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN 13-14							Heat:5, starttime: 10:59			
Heat: 5/10 Lane : 8 Athlete: BOONEN KAREL							Q-time: 01:15:10			
PB (50m pool): 01:17.46 Antwerpen 15/03/2026				PB (25m pool): 01:15.10 SB: 01:17.46 Antwerpen 15/03/2026						
	5 0 M		1 0 0 M							
PB	00:37.51		01:17.46							
	00:37.51		00:39.95							
										

Coach feedback:

Event number: 36: 100M BACKSTROKE MEN 13-14							Heat:6, starttime: 11:01	
Heat: 6/10 Lane : 2 Athlete: VAN BRAECKEL SEPPE							Q-time: 01:13:18	
PB (50m pool): 01:19.69 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:13.18 SB: 01:19.69 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M						
PB	00:38.47	01:19.69						
	00:38.47	00:41.22						
								

Coach feedback: