

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

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

Coaches: Lefever Elisa

PB => Personal Best time

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

Event number: 34: 100M BUTTERFLY MEN 11-12			Heat:2, starttime: 09:54
Heat: 2/11 Lane : 7 Athlete: MOERMAN JASPER			Q-time: 01:45:71
PB (50m pool): 01:45.71 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:39.03 SB: 01:45.71 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:44.95	01:45.71	
	00:44.95	01:00.76	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:8, starttime: 10:27
Heat: 8/20 Lane : 4 Athlete: DECAESTECKER OONA			Q-time: 01:15:92
PB (50m pool): 01:15.92 Antwerpen 15/03/2026			PB (25m pool): 01:15.87 SB: 01:15.92 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.12	01:15.92	
	00:36.12	00:39.80	
			

Coach feedback:

Event number: 35: 100M FREESTYLE WOMEN 11-12			Heat:18, starttime: 10:44
Heat: 18/20 Lane : 5 Athlete: GHEKIERE JUNE			Q-time: 01:07:93
PB (50m pool): 01:07.93 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:06.82 SB: 01:07.93 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:32.58	01:07.93	
	00:32.58	00:35.35	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE MEN 13-14				Heat:5, starttime: 10:59	
Heat: 5/10 Lane : 7 Athlete: VANHAECKE LOWIE				Q-time: 01:14:51	
PB (50m pool): 01:14.51 Antwerpen 20/07/2025				PB (25m pool): 01:12.88 SB: 01:15.27 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:36.87	01:14.51			
	00:36.87	00:37.64			
					

Coach feedback:

Event number: 37: 200M BREASTSTROKE WOMEN 13-14					Heat:3, starttime: 11:19	
Heat: 3/8 Lane : 2 Athlete: CASTELEYN YANA					Q-time: 03:04:23	
PB (50m pool): 03:04.23 Brugge 01/02/2026					PB (25m pool): 02:56.95 SB: 03:04.23 Brugge 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:43.12	01:30.08	02:17.44	03:04.23		
	00:43.12	00:46.96	00:47.36	00:46.79		
						

Coach feedback:

Event number: 37: 200M BREASTSTROKE WOMEN 13-14					Heat:8, starttime: 11:37	
Heat: 8/8 Lane : 2 Athlete: DEMAREST HAILEY					Q-time: 02:52:30	
PB (50m pool): 02:52.30 Antwerpen 20/07/2025					PB (25m pool): 02:50.75 SB: 02:55.23 Brugge 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:39.02	01:22.75	02:07.63	02:52.30		
	00:39.02	00:43.73	00:44.88	00:44.67		
						

Coach feedback: