

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

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

Coaches: Kindt Maarten

Coaches: Kindt Joachim HEADCOACH

PB => Personal Best time

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

| Event number: 36: 100M BACKSTROKE MEN 13-14 |           |           |  | Heat:3, starttime: 10:54                              |  |
|---------------------------------------------|-----------|-----------|--|-------------------------------------------------------|--|
| Heat: 3/10 Lane : 5 Athlete: BLONDEEL NILS  |           |           |  | Q-time: 01:16:59                                      |  |
| PB (50m pool): 01:16.59 Aalst 26/04/2026    |           |           |  | PB (25m pool): 01:12.37 SB: 01:16.59 Aalst 26/04/2026 |  |
|                                             | 5 0 M     | 1 0 0 M   |  |                                                       |  |
| PB                                          | 00:38.84  | 01:16.59  |  |                                                       |  |
|                                             | 00:38.84  | 00:37.75  |  |                                                       |  |
|                                             | . . . . . | . . . . . |  |                                                       |  |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN 13-14   |           |           |  | Heat:7, starttime: 11:03                                  |  |
|-----------------------------------------------|-----------|-----------|--|-----------------------------------------------------------|--|
| Heat: 7/10 Lane : 4 Athlete: VERNAILLEN SEPPE |           |           |  | Q-time: 01:10:76                                          |  |
| PB (50m pool): 01:14.06 Antwerpen 08/03/2026  |           |           |  | PB (25m pool): 01:10.76 SB: 01:14.06 Antwerpen 08/03/2026 |  |
|                                               | 5 0 M     | 1 0 0 M   |  |                                                           |  |
| PB                                            | 00:35.48  | 01:14.06  |  |                                                           |  |
|                                               | 00:35.48  | 00:38.58  |  |                                                           |  |
|                                               | . . . . . | . . . . . |  |                                                           |  |

Coach feedback:

| Event number: 37: 200M BREASTSTROKE WOMEN 13-14 |           |           |           | Heat:6, starttime: 11:30                                  |  |
|-------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|--|
| Heat: 6/8 Lane : 8 Athlete: LEGRAND ALICIA      |           |           |           | Q-time: 02:59:77                                          |  |
| PB (50m pool): 02:59.77 Lochristi 01/02/2026    |           |           |           | PB (25m pool): 02:55.45 SB: 02:59.77 Lochristi 01/02/2026 |  |
|                                                 | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M                                                   |  |
| PB                                              | no time   | 01:27.92  | no time   | 02:59.77                                                  |  |
|                                                 | no time   |           |           |                                                           |  |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                 |  |

Coach feedback:

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

| Event number: 37: 200M BREASTSTROKE WOMEN 13-14                                                                                    |           |           |           |           | Heat:7, starttime: 11:33 |
|------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 7/8 Lane : 1 Athlete: DE SMET LILY                                                                                           |           |           |           |           | Q-time: 02:58:18         |
| PB (50m pool): 02:58.56 Sportoase De Watermolen 24/05/2026 PB (25m pool): 02:56.35 SB: 02:58.56 Sportoase De Watermolen 24/05/2026 |           |           |           |           |                          |
|                                                                                                                                    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                                                                 | 00:40.71  | 01:27.38  | 02:13.36  | 02:58.56  |                          |
|                                                                                                                                    | 00:40.71  | 00:46.67  | 00:45.98  | 00:45.20  |                          |
|                                                                                                                                    | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 38: 100M BREASTSTROKE MEN 13-14                                                                                      |           |           |  |  | Heat:6, starttime: 11:50 |
|------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--|--|--------------------------|
| Heat: 6/8 Lane : 7 Athlete: DE DONDER THOR                                                                                         |           |           |  |  | Q-time: 01:19:01         |
| PB (50m pool): 01:21.59 Sportoase De Watermolen 24/05/2026 PB (25m pool): 01:19.01 SB: 01:21.59 Sportoase De Watermolen 24/05/2026 |           |           |  |  |                          |
|                                                                                                                                    | 5 0 M     | 1 0 0 M   |  |  |                          |
| PB                                                                                                                                 | 00:39.23  | 01:21.59  |  |  |                          |
|                                                                                                                                    | 00:39.23  | 00:42.36  |  |  |                          |
|                                                                                                                                    | . . . . . | . . . . . |  |  |                          |

Coach feedback:

| Event number: 38: 100M BREASTSTROKE MEN 13-14                                                  |           |           |  |  | Heat:7, starttime: 11:52 |
|------------------------------------------------------------------------------------------------|-----------|-----------|--|--|--------------------------|
| Heat: 7/8 Lane : 3 Athlete: WALTNIEL BAVO                                                      |           |           |  |  | Q-time: 01:16:89         |
| PB (50m pool): 01:17.38 Aalst 26/04/2026 PB (25m pool): 01:15.39 SB: 01:17.38 Aalst 26/04/2026 |           |           |  |  |                          |
|                                                                                                | 5 0 M     | 1 0 0 M   |  |  |                          |
| PB                                                                                             | 00:36.95  | 01:17.38  |  |  |                          |
|                                                                                                | 00:36.95  | 00:40.43  |  |  |                          |
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Coach feedback:

| Event number: 38: 100M BREASTSTROKE MEN 13-14                                                                                      |           |           |  |  | Heat:7, starttime: 11:52 |
|------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--|--|--------------------------|
| Heat: 7/8 Lane : 7 Athlete: TER-EGANYAN ARMAN                                                                                      |           |           |  |  | Q-time: 01:17:81         |
| PB (50m pool): 01:20.93 Sportoase De Watermolen 24/05/2026 PB (25m pool): 01:17.81 SB: 01:20.93 Sportoase De Watermolen 24/05/2026 |           |           |  |  |                          |
|                                                                                                                                    | 5 0 M     | 1 0 0 M   |  |  |                          |
| PB                                                                                                                                 | 00:38.45  | 01:20.93  |  |  |                          |
|                                                                                                                                    | 00:38.45  | 00:42.48  |  |  |                          |
|                                                                                                                                    | . . . . . | . . . . . |  |  |                          |

Coach feedback: