

CB-BK WE1 2026: Session: 6: COACH evaluation sheet for TEAM: STA

Coachinfo: Warming up from: 12:30 untill 13:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vlamijnck Robin HEADCOACH

Coaches: Lasoen Sam

PB => Personal Best time

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

Event number: 41: 200M MEDLEY WOMEN 13-14 Heat:13, starttime: 15:10

Heat: 13/20 Lane : 8 Athlete: LONCKE JUTTA					Q-time: 02:43:83
PB (50m pool): 02:43.83 Gent 08/02/2026					PB (25m pool): 02:42.41 SB: 02:43.83 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.97	01:18.24	02:07.18	02:43.83	
	00:36.97	00:41.27	00:48.94	00:36.65	
					

Coach feedback:

Event number: 41: 200M MEDLEY WOMEN 13-14 Heat:14, starttime: 15:13

Heat: 14/20 Lane : 1 Athlete: BERKEIN ALESSIA					Q-time: 02:42:93
PB (50m pool): 02:42.93 Antwerpen 08/03/2026					PB (25m pool): 02:41.34 SB: 02:42.93 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.92	01:18.49	02:05.36	02:42.93	
	00:35.92	00:42.57	00:46.87	00:37.57	
					

Coach feedback:

Event number: 41: 200M MEDLEY WOMEN 13-14 Heat:15, starttime: 15:16

Heat: 15/20 Lane : 6 Athlete: DE WULF ALEXINE					Q-time: 02:41:47
PB (50m pool): 02:50.78 Olympic Pool Wezenberg, Antwer 29/07/2026					PB (25m pool): 02:41.47 SB: 02:50.78 Olympic Pool Wezenberg, Antwer 29/07/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.19	01:23.19	02:12.61	02:50.78	
	00:38.19	00:45.00	00:49.42	00:38.17	
					

Coach feedback:

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Event number: 41: 200M MEDLEY WOMEN 13-14					Heat:18, starttime: 15:26
Heat: 18/20 Lane : 4 Athlete: RUTSAERT EMILY					Q-time: 02:37:08
PB (50m pool): 02:37.08 Antwerpen 08/03/2026			PB (25m pool): 02:35.54 SB: 02:37.08 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.03	01:13.28	02:01.00	02:37.08	
	00:32.03	00:41.25	00:47.72	00:36.08	
					

Coach feedback:

Event number: 43: 100M BREASTSTROKE WOMEN 11-12					Heat:8, starttime: 16:01
Heat: 8/19 Lane : 3 Athlete: VAN DE STEENE LORE					Q-time: 01:39:63
PB (50m pool): 01:39.63 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:41.24 SB: 01:39.63 Olympic Pool Wezenberg, Antwer 29/03/2026		
	5 0 M	1 0 0 M			
PB	00:47.45	01:39.63			
	00:47.45	00:52.18			
					

Coach feedback:

Event number: 43: 100M BREASTSTROKE WOMEN 11-12					Heat:15, starttime: 16:16
Heat: 15/19 Lane : 2 Athlete: DE MULDER MAÏTHÉ					Q-time: 01:32:34
PB (50m pool): 01:32.34 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:33.08 SB: 01:32.34 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:45.05	01:32.34			
	00:45.05	00:47.29			
					

Coach feedback:

Event number: 45: 100M FREESTYLE WOMEN 13-14					Heat:9, starttime: 17:03
Heat: 9/16 Lane : 7 Athlete: BUYLE GEIKE					Q-time: 01:05:42
PB (50m pool): 01:05.42 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 01:03.71 SB: 01:05.42 Lago Kortrijk Weide 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:31.59	01:05.42			
	00:31.59	00:33.83			
					

Coach feedback:

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Event number: 46: 4x100M MEDLEY WOMEN 11-12							Heat:2, starttime: 17:43	
Heat: 2/2 Lane : 7 Athlete: TEAM STA 2							Q-time: 05:24:99	
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:

Event number: 48: 4x100M MEDLEY WOMEN 13-14							Heat:3, starttime: 18:12	
Heat: 3/3 Lane : 4 Athlete: TEAM STA 1							Q-time: 04:37:99	
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: