

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

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

Coaches: Dillen Toon

Coaches: Loos Kim HEADCOACH

PB => Personal Best time

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

Event number: 41: 200M MEDLEY WOMEN 13-14 Heat:7, starttime: 14:50

Heat: 7/20 Lane : 7 Athlete: BOOGERS NOOR Q-time: 02:47:71

PB (50m pool): 02:48.77 Antwerpen 19/04/2026 PB (25m pool): 02:47.71 SB: 02:48.77 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.99	01:18.19	02:10.11	02:48.77	
	00:34.99	00:43.20	00:51.92	00:38.66	
					

Coach feedback:

Event number: 41: 200M MEDLEY WOMEN 13-14 Heat:8, starttime: 14:53

Heat: 8/20 Lane : 2 Athlete: BRAEKEN CHARLOTTE Q-time: 02:47:44

PB (50m pool): 02:48.93 Antwerpen 19/04/2026 PB (25m pool): 02:47.44 SB: 02:48.93 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.64	01:18.28	02:10.99	02:48.93	
	00:35.64	00:42.64	00:52.71	00:37.94	
					

Coach feedback:

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

Heat: 14/20 Lane : 2 Athlete: VAN TILBURG FRAUKE Q-time: 02:42:78

PB (50m pool): 02:46.87 Antwerpen 19/04/2026 PB (25m pool): 02:42.78 SB: 02:46.87 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.27	01:18.35	02:09.92	02:46.87	
	00:35.27	00:43.08	00:51.57	00:36.95	
					

Coach feedback:

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Event number: 43: 100M BREASTSTROKE WOMEN 11-12			Heat:3, starttime: 15:50
Heat: 3/19 Lane : 3 Athlete: AERTS SIEN			Q-time: 01:45:53
PB (50m pool): 01:45.55 Antwerpen 15/03/2026			PB (25m pool): 01:45.53 SB: 01:45.55 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:51.33	01:45.55	
	00:51.33	00:54.22	
			

Coach feedback:

Event number: 43: 100M BREASTSTROKE WOMEN 11-12			Heat:14, starttime: 16:14
Heat: 14/19 Lane : 2 Athlete: DE RIDDER ROXANE			Q-time: 01:33:84
PB (50m pool): 01:39.52 Antwerpen 08/03/2026			PB (25m pool): 01:33.84 SB: 01:39.52 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:46.87	01:39.52	
	00:46.87	00:52.65	
			

Coach feedback:

Event number: 44: 100M BREASTSTROKE MEN 11-12			Heat:11, starttime: 16:48
Heat: 11/11 Lane : 7 Athlete: MAES MATHIJS			Q-time: 01:24:26
PB (50m pool): 01:24.79 Antwerpen 08/03/2026			PB (25m pool): 01:24.26 SB: 01:24.79 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:40.37	01:24.79	
	00:40.37	00:44.42	
			

Coach feedback:

Event number: 45: 100M FREESTYLE WOMEN 13-14			Heat:7, starttime: 17:00
Heat: 7/16 Lane : 3 Athlete: BOOGERS NOOR			Q-time: 01:05:76
PB (50m pool): 01:07.96 Antwerpen 19/04/2026			PB (25m pool): 01:05.76 SB: 01:07.96 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:33.07	01:07.96	
	00:33.07	00:34.89	
			

Coach feedback:

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Event number: 45: 100M FREESTYLE WOMEN 13-14			Heat:9, starttime: 17:03
Heat: 9/16 Lane : 1 Athlete: BRAEKEN CHARLOTTE			Q-time: 01:05:46
PB (50m pool): 01:07.72 Eindhoven 22/03/2026			PB (25m pool): 01:05.46 SB: 01:07.72 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:32.56	01:07.72	
	00:32.56	00:35.16	
			

Coach feedback:

Event number: 45: 100M FREESTYLE WOMEN 13-14			Heat:15, starttime: 17:13
Heat: 15/16 Lane : 7 Athlete: VAN TILBURG FRAUKE			Q-time: 01:02:99
PB (50m pool): 01:04.32 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:02.99 SB: 01:04.32 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:31.10	01:04.32	
	00:31.10	00:33.22	
			

Coach feedback: