

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: GBZ

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

Coaches: Penneman Arne HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:6, starttime: 09:04
Heat: 6/12 Lane : 6 Athlete: DE RYCK SEPPE			Q-time: 01:01:58
PB (50m pool): 01:01.58 Antwerpen 15/03/2026			PB (25m pool): 01:03.78 SB: 01:01.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.31	01:01.58	
	00:29.31	00:32.27	
			

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:5, starttime: 10:54
Heat: 5/10 Lane : 6 Athlete: DE RYCK SEPPE					Q-time: 02:23:51
PB (50m pool): 02:23.51 Sportoase De Watermolen 29/03/2026					PB (25m pool): 02:19.12 SB: 02:23.51 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.46	01:11.19	01:48.61	02:23.51	
	00:34.46	00:36.73	00:37.42	00:34.90	
					

Coach feedback: