

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

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

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15-18							Heat:3, starttime: 08:41	
Heat: 3/5 Lane : 6 Athlete: ZANGARI AURORA							Q-time: 04:43:36	
PB (50m pool): 04:39.97 ANTWERPEN 23/04/2023				PB (25m pool): 04:41.82SB: 04:45.78 SportinGenk Park 24/05/2026				
	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	no time	no time	no time	no time	no time	no time	no time	04:39.97
	no time							
								

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+							Heat:4, starttime: 09:20	
Heat: 4/16 Lane : 4 Athlete: SCHELFTHOUT HANNAH							Q-time: 00:34:48	
PB (50m pool): 00:34.48 Antwerpen 27/07/2025				PB (25m pool): no time SB: no time				
	5 0 M							
PB	00:34.48							
	00:34.48							
								

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18							Heat:4, starttime: 09:58	
Heat: 4/5 Lane : 5 Athlete: ONA CESAR							Q-time: 04:55:99	
PB (50m pool): 04:59.19 Antwerpen 20/07/2025				PB (25m pool): 04:52.79SB: 04:59.30 Genk 01/02/2026				
	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	00:31.38	01:07.69	01:47.50	02:26.20	03:07.38	03:49.22	04:25.15	04:59.19
	00:31.38	00:36.31	00:39.81	00:38.70	00:41.18	00:41.84	00:35.93	00:34.04
								

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+			Heat:3, starttime: 11:31
Heat: 3/12 Lane : 2 Athlete: ONA CESAR			Q-time: 01:14:38
PB (50m pool): 01:14.38 Antwerpen 20/07/2025			PB (25m pool): 01:10.21 SB: 01:15.52 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.65	01:14.38	
	00:35.65	00:38.73	
			

Coach feedback: