

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

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

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15-18

Heat:1, starttime: 08:30

Heat: 1/5 Lane : 3 Athlete: SARGESJAN NALA

Q-time: 04:52:16

PB (50m pool): 04:52.16 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 04:55.10 SB: 04:52.16 Zwembad Brigitte Becue 26/04/2026

	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	00:32.62	01:10.03	01:47.28	02:24.89	03:02.50	03:40.60	04:17.58	04:52.16
	00:32.62	00:37.41	00:37.25	00:37.61	00:37.61	00:38.10	00:36.98	00:34.58
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+

Heat:1, starttime: 08:57

Heat: 1/12 Lane : 3 Athlete: BERGMANS MATS

Q-time: 01:04:93

PB (50m pool): 01:04.93 Gent 08/02/2026 PB (25m pool): 01:03.82 SB: 01:04.93 Gent 08/02/2026

	5 0 M	1 0 0 M	
PB	00:29.93	01:04.93	
	00:29.93	00:35.00	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+

Heat:7, starttime: 09:25

Heat: 7/16 Lane : 3 Athlete: VERLEYSEN NOA

Q-time: 00:33:75

PB (50m pool): 00:33.75 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:33.03 SB: 00:33.75 Zwembad Brigitte Becue 26/04/2026

	5 0 M	
PB	00:33.75	
	00:33.75	
		

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 15+										Heat:8, starttime: 09:26																				
Heat: 8/16 Lane : 6 Athlete: LUTS EMILIA																				Q-time: 00:33:59										
PB (50m pool): 00:33.59 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:33.37 SB: 00:35.48 Ottignies Louvain-La-Neuve 07/06/2026																														
	5 0 M																													
PB	00:33.59																													
	00:33.59																													
																														

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+							Heat:9, starttime: 09:28		
Heat: 9/16 Lane : 2 Athlete: VANIERSCHOT ELLA							Q-time: 00:33:37		
PB (50m pool): 00:33.37 Antwerpen 15/03/2026							PB (25m pool): 00:32.52 SB: 00:33.37 Antwerpen 15/03/2026		
	5 0 M								
PB	00:33.37								
	00:33.37								
									

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:3, starttime: 10:16	
Heat: 3/9 Lane : 1 Athlete: LUTS EMILIA					Q-time: 02:57:73	
PB (50m pool): 02:57.73 Ottignies Louvain-La-Neuve 07/06/2026PB (25m pool): 02:53.37SB: 02:57.73 Ottignies Louvain-La-Neuve 07/06/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:40.18	01:26.86	02:12.50	02:57.73		
	00:40.18	00:46.68	00:45.64	00:45.23		
						

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:5, starttime: 10:23	
Heat: 5/9 Lane : 4 Athlete: MÜLLER RENA					Q-time: 02:51:74	
PB (50m pool): 02:51.74 Antwerpen 20/07/2025					PB (25m pool): 02:53.31 SB: 02:53.02 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:38.99	01:22.81	02:07.57	02:51.74		
	00:38.99	00:43.82	00:44.76	00:44.17		
						

Coach feedback:

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Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:1, starttime: 11:14
Heat: 1/4 Lane : 6 Athlete: VERLEYSSEN NOA					Q-time: 02:40:28
PB (50m pool): 02:40.28 Sportoase De Watermolen 24/05/2026 PB (25m pool): 02:47.82 SB: 02:40.28 Sportoase De Watermolen 24/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.66	01:14.59	01:56.24	02:40.28	
	00:34.66	00:39.93	00:41.65	00:44.04	
					

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:2, starttime: 11:17
Heat: 2/4 Lane : 2 Athlete: KONINGS YLVA					Q-time: 02:33:59
PB (50m pool): 02:33.59 Antwerpen 27/07/2025 PB (25m pool): 02:31.83 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.94	01:13.11	01:53.23	02:33.59	
	00:33.94	00:39.17	00:40.12	00:40.36	
					

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:4, starttime: 11:24
Heat: 4/4 Lane : 7 Athlete: EVENS NOOR					Q-time: 02:33:71
PB (50m pool): 02:28.57 Antwerpen 28/07/2024 PB (25m pool): 02:27.35 SB: 02:33.71 Antwerpen 17/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:28.57	
	no time				
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+					Heat:3, starttime: 11:50
Heat: 3/13 Lane : 3 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 00:28:95
PB (50m pool): 00:28.95 Genk 01/02/2026 PB (25m pool): 00:28.95 SB: 00:28.95 Genk 01/02/2026					
	5 0 M				
PB	00:28.95				
	00:28.95				
					

Coach feedback:

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

Event number: 9: 50M FREESTYLE WOMEN 15+							Heat:7, starttime: 11:54		
Heat: 7/13 Lane : 3 Athlete: SARGESJAN NALA							Q-time: 00:28:31		
PB (50m pool): 00:28.31 Gent 08/02/2026							PB (25m pool): 00:28.02SB: 00:28.31 Gent 08/02/2026		
	5 0 M								
PB	00:28.31								
	00:28.31								
									

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+										Heat:14, starttime: 12:13																													
Heat: 14/15																				Lane : 2					Athlete: VANGROOTLOON JEF										Q-time: 00:24:19				
PB (50m pool): 00:24.19										Antwerpen					08/03/2026					PB (25m pool): 00:24.30SB: 00:24.19										Antwerpen					08/03/2026				
		5 0 M																																					
PB		00:24.19																																					
		00:24.19																																					
																																							

Coach feedback: