

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

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

Coaches: LEPLA MARTINE

Coaches: PYPE MAAIKE

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 : 1 Athlete: DE BRUYNE SILKE Q-time: 04:53:08

PB (50m pool): 04:53.08 Brugge 01/02/2026 PB (25m pool): no time SB: 04:53.08 Brugge 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	00:33.49	01:10.12	01:47.33	02:24.52	03:01.90	03:39.45	04:17.05	04:53.08
	00:33.49	00:36.63	00:37.21	00:37.19	00:37.38	00:37.55	00:37.60	00:36.03
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15-18 Heat:1, starttime: 08:30

Heat: 1/5 Lane : 5 Athlete: VANDERMARLIERE JUNA Q-time: 04:49:29

PB (50m pool): 04:49.29 Antwerpen 20/07/2025 PB (25m pool): 04:41.08 SB: no time

	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	00:31.98	01:08.82	01:46.11	02:23.00	03:00.22	03:37.20	04:14.45	04:49.29
	00:31.98	00:36.84	00:37.29	00:36.89	00:37.22	00:36.98	00:37.25	00:34.84
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+ Heat:3, starttime: 09:00

Heat: 3/12 Lane : 5 Athlete: VANDENBERGHE SIMON Q-time: 01:03:24

PB (50m pool): 01:03.24 Antwerp 09/02/2025 PB (25m pool): 01:03.70 SB: no time

	5 0 M	1 0 0 M	
PB	00:29.58	01:03.24	
	00:29.58	00:33.66	
			

Coach feedback:

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Event number: 2: 100M BUTTERFLY MEN 15+			Heat:4, starttime: 09:01
Heat: 4/12 Lane : 8 Athlete: SEYS WOUT			Q-time: 01:02:79
PB (50m pool): 01:02.79 Kortrijk 04/05/2025			PB (25m pool): 01:01.74 SB: 01:02.87 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:29.24	01:02.79	
	00:29.24	00:33.55	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:7, starttime: 09:06
Heat: 7/12 Lane : 4 Athlete: DUFLOUCQ SEPPE			Q-time: 01:00:85
PB (50m pool): 01:00.85 Antwerpen 27/07/2025			PB (25m pool): 00:59.09 SB: 01:02.26 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:27.97	01:00.85	
	00:27.97	00:32.88	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+			Heat:6, starttime: 09:23
Heat: 6/16 Lane : 6 Athlete: CALLEWAERT JACKIE			Q-time: 00:34:20
PB (50m pool): 00:33.37 ANTWERPEN 23/04/2023			PB (25m pool): 00:34.11 SB: no time
	5 0 M		
PB	00:33.37		
	00:33.37		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+			Heat:6, starttime: 09:23
Heat: 6/16 Lane : 8 Athlete: DE BRUYNE SILKE			Q-time: 00:34:24
PB (50m pool): 00:34.24 Antwerpen 19/04/2026			PB (25m pool): 00:34.22 SB: 00:34.24 Antwerpen 19/04/2026
	5 0 M		
PB	00:34.24		
	00:34.24		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 15+				Heat:9, starttime: 09:28	
Heat: 9/16 Lane : 8 Athlete: TYVAERT MANON				Q-time: 00:33:48	
PB (50m pool): 00:33.48 Antwerpen 22/03/2026				PB (25m pool): 00:32.86 SB: 00:33.48 Antwerpen 22/03/2026	
	5 0 M				
PB	00:33.48				
	00:33.48				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:6, starttime: 10:58	
Heat: 6/10 Lane : 2 Athlete: HOOGHE MAURO					Q-time: 02:20:88	
PB (50m pool): 02:20.88 Antwerpen 08/03/2026					PB (25m pool): 02:18.56 SB: 02:20.88 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.76	01:08.90	01:45.75	02:20.88		
	00:32.76	00:36.14	00:36.85	00:35.13		
						

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:6, starttime: 10:58	
Heat: 6/10 Lane : 4 Athlete: DEHAENE JULE					Q-time: 02:20:30	
PB (50m pool): 02:20.30 Antwerpen 22/03/2026					PB (25m pool): 02:15.83 SB: 02:20.30 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.85	01:07.22	01:44.72	02:20.30		
	00:31.85	00:35.37	00:37.50	00:35.58		
						

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:7, starttime: 11:01	
Heat: 7/10 Lane : 6 Athlete: SEYS WOUT					Q-time: 02:18:79	
PB (50m pool): 02:18.79 Antwerpen 27/04/2025					PB (25m pool): 02:15.14 SB: 02:21.30 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.80	01:08.68	01:45.02	02:18.79		
	00:32.80	00:35.88	00:36.34	00:33.77		
						

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+			Heat:8, starttime: 11:39
Heat: 8/12 Lane : 2 Athlete: DUFLOUCQ SEPPE			Q-time: 01:10:93
PB (50m pool): 01:10.93 Antwerpen 27/07/2025			PB (25m pool): no time SB: 01:13.06 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.15	01:10.93	
	00:33.15	00:37.78	
			

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+			Heat:5, starttime: 11:52
Heat: 5/13 Lane : 3 Athlete: CALLEWAERT JACKIE			Q-time: 00:28:59
PB (50m pool): 00:28.29 Antwerp 21/01/2024			PB (25m pool): 00:27.60 SB: 00:28.82 Brugge 01/02/2026
	5 0 M		
PB	00:28.29		
	00:28.29		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:4, starttime: 12:04
Heat: 4/15 Lane : 8 Athlete: PAUWELS MILLAU			Q-time: 00:26:19
PB (50m pool): 00:26.19 Antwerpen 08/03/2026			PB (25m pool): 00:26.47 SB: 00:26.19 Antwerpen 08/03/2026
	5 0 M		
PB	00:26.19		
	00:26.19		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:8, starttime: 12:08
Heat: 8/15 Lane : 3 Athlete: SEYS WOUT			Q-time: 00:25:46
PB (50m pool): 00:25.46 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 00:25.10 SB: 00:25.46 Lago Kortrijk Weide 03/05/2026
	5 0 M		
PB	00:25.46		
	00:25.46		
			

Coach feedback:

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

Event number: 10: 50M FREESTYLE MEN 15+										Heat:9, starttime: 12:09	
Heat: 9/15 Lane : 4 Athlete: VANDERHAEGHE ANTWAN								Q-time: 00:25:18			
PB (50m pool): 00:25.18 Antwerpen 22/03/2026						PB (25m pool): 00:24.88 SB: 00:25.18 Antwerpen 22/03/2026					
	5 0 M										
PB	00:25.18										
	00:25.18										
											

Coach feedback:

Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:3, starttime: 12:27	
Heat: 3/5 Lane : 6 Athlete: TEAM ISWIM 1							Q-time: 04:28:90	
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: