

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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 : 8 Athlete: DELPORTE LOTTE **Q-time: 04:44:67**

PB (50m pool): 04:44.67 Antwerpen 19/04/2026 **PB (25m pool): 04:42.37 SB: 04:44.67 Antwerpen 19/04/2026**

	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	00:32.27	01:06.98	01:42.93	02:19.07	02:55.45	03:32.14	04:08.86	04:44.67
	00:32.27	00:34.71	00:35.95	00:36.14	00:36.38	00:36.69	00:36.72	00:35.81
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+ **Heat:5, starttime: 09:03**

Heat: 5/12 Lane : 8 Athlete: VAN DE GENDER WOUT **Q-time: 01:02:57**

PB (50m pool): 01:02.57 Sportoase De Watermolen 24/05/2026 **PB (25m pool): 01:01.56 SB: 01:02.57 Sportoase De Watermolen 24/05/2026**

	5 0 M	1 0 0 M	
PB	00:29.41	01:02.57	
	00:29.41	00:33.16	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+ **Heat:1, starttime: 09:15**

Heat: 1/16 Lane : 5 Athlete: WULLAERT FIEN **Q-time: 00:35:25**

PB (50m pool): 00:35.25 Sportoase De Watermolen 24/05/2026 **PB (25m pool): 00:35.47 SB: 00:35.25 Sportoase De Watermolen 24/05/2026**

	5 0 M	
PB	00:35.25	
	00:35.25	
		

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 15+										Heat:2, starttime: 09:17	
Heat: 2/16 Lane : 6 Athlete: DE BRABANDER CELESTE										Q-time: 00:34:99	
PB (50m pool): 00:34.99 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:34.01 SB: 00:34.99 Sportoase De Watermolen 29/03/2026											
	5 0 M										
PB	00:34.99										
	00:34.99										
											

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18							Heat:3, starttime: 09:52	
Heat: 3/5 Lane : 6 Athlete: LIEVENS SéBASTIEN							Q-time: 05:10:17	
PB (50m pool): no time			PB (25m pool): no time 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:7, starttime: 11:01	
Heat: 7/10 Lane : 3 Athlete: VAN DE GENDER WOUT					Q-time: 02:18:25	
PB (50m pool): 02:18.25 Antwerpen 22/03/2026					PB (25m pool): 02:17.21 SB: 02:18.25 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.88	01:06.08	01:42.11	02:18.25		
	00:31.88	00:34.20	00:36.03	00:36.14		
						

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+										Heat:1, starttime: 11:27	
Heat: 1/12 Lane : 6 Athlete: BOURDIAUDHY THIBAU										Q-time: 01:16:78	
PB (50m pool): 01:16.78 Antwerpen 15/03/2026										PB (25m pool): 01:14.37 SB: 01:16.78 Antwerpen 15/03/2026	
	5 0 M		1 0 0 M								
PB	00:37.11		01:16.78								
	00:37.11		00:39.67								
											

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+				Heat:2, starttime: 11:29			
Heat: 2/12 Lane : 7 Athlete: BEN AYAD NAOUFAL				Q-time: 01:15:53			
PB (50m pool): 01:15.53 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): 01:15.83 SB: 01:15.53 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M					
PB	00:35.04	01:15.53					
	00:35.04	00:40.49					
							

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+				Heat:2, starttime: 11:49			
Heat: 2/13 Lane : 7 Athlete: WULLAERT FIEN				Q-time: 00:29:10			
PB (50m pool): 00:29.10 Antwerpen 15/03/2026				PB (25m pool): 00:28.39 SB: 00:29.10 Antwerpen 15/03/2026			
	5 0 M						
PB	00:29.10						
	00:29.10						
							

Coach feedback:

Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:2, starttime: 12:21	
Heat: 2/5 Lane : 3 Athlete: TEAM STW 1							Q-time: 04:41:58	
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: