

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

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

Coaches: Wauters Tine HEADCOACH

Coaches: Akkers Mieke

Coaches: Callebaut Joris

Coaches: Van Opstal Wendy

PB => Personal Best time

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

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:6, starttime: 10:27
Heat: 6/9 Lane : 3 Athlete: VERELST LAURA					Q-time: 02:49:63
PB (50m pool): 02:49.63 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:48.10 SB: 02:49.63 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.63	01:23.86	02:07.09	02:49.63	
	00:39.63	00:44.23	00:43.23	00:42.54	
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:9, starttime: 10:37
Heat: 9/9 Lane : 8 Athlete: UYTTERHOEVEN FLO					Q-time: 02:48:66
PB (50m pool): 02:48.66 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:47.81 SB: 02:48.66 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.85	01:23.17	02:05.68	02:48.66	
	00:39.85	00:43.32	00:42.51	00:42.98	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+				Heat:5, starttime: 11:34
Heat: 5/12 Lane : 6 Athlete: GEENS DRÉ				Q-time: 01:12:81
PB (50m pool): 01:12.81 Antwerpen 15/03/2026 PB (25m pool): 01:10.04 SB: 01:12.81 Antwerpen 15/03/2026				
	5 0 M	1 0 0 M		
PB	00:33.16	01:12.81		
	00:33.16	00:39.65		
				

Coach feedback:

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Event number: 9: 50M FREESTYLE WOMEN 15+			Heat:3, starttime: 11:50
Heat: 3/13 Lane : 5 Athlete: VERELST LAURA			Q-time: 00:28:92
PB (50m pool): 00:28.92 Gent 08/02/2026			PB (25m pool): 00:28.49 SB: 00:28.92 Gent 08/02/2026
	5 0 M		
PB	00:28.92		
	00:28.92		
			

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+			Heat:7, starttime: 11:54
Heat: 7/13 Lane : 4 Athlete: CAES OONE			Q-time: 00:28:29
PB (50m pool): 00:28.29 Antwerp 09/02/2025			PB (25m pool): 00:27.26 SB: 00:28.31 Antwerpen 22/03/2026
	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 : 1 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:26:10
PB (50m pool): 00:26.10 Molenbeek 01/02/2026			PB (25m pool): 00:25.16 SB: 00:26.10 Molenbeek 01/02/2026
	5 0 M		
PB	00:26.10		
	00:26.10		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:5, starttime: 12:05
Heat: 5/15 Lane : 1 Athlete: GEENS DRé			Q-time: 00:25:93
PB (50m pool): 00:25.93 Gent 08/02/2026			PB (25m pool): 00:25.12 SB: 00:25.93 Gent 08/02/2026
	5 0 M		
PB	00:25.93		
	00:25.93		
			

Coach feedback: