

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

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

Coaches: Vereecken Sven

Coaches: Van Looy Wendy HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY MEN 15+ Heat:12, starttime: 09:13

|                                               |           |           |                                                           |
|-----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 12/12 Lane : 1 Athlete: MICHOEL QUINTEN |           |           | Q-time: 00:58:26                                          |
| PB (50m pool): 00:58.26 Antwerpen 17/05/2026  |           |           | PB (25m pool): 00:57.25 SB: 00:58.26 Antwerpen 17/05/2026 |
|                                               | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                            | 00:26.68  | 00:58.26  |                                                           |
|                                               | 00:26.68  | 00:31.58  |                                                           |
|                                               | . . . . . | . . . . . |                                                           |

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+ Heat:5, starttime: 10:54

|                                                                |           |           |           |           |                                                                                |
|----------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------------------------------------------------------------|
| Heat: 5/10    Lane : 8    Athlete: HUFKENS ILIAN               |           |           |           |           | Q-time: 02:24:03                                                               |
| PB (50m pool): 02:24.03    Lago Gent Rozebroeken    03/05/2026 |           |           |           |           | PB (25m pool): 02:17.81    SB: 02:24.03    Lago Gent Rozebroeken    03/05/2026 |
|                                                                | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                                                |
| PB                                                             | 00:33.37  | 01:09.91  | 01:47.59  | 02:24.03  |                                                                                |
|                                                                | 00:33.37  | 00:36.54  | 00:37.68  | 00:36.44  |                                                                                |
|                                                                | . . . . . | . . . . . | . . . . . | . . . . . |                                                                                |

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+ Heat:8, starttime: 11:04

|                                                         |           |           |           |           |                                                                 |
|---------------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------------|
| Heat: 8/10    Lane : 1    Athlete: VAN TILBURG MATTHIAS |           |           |           |           | Q-time: 02:17:53                                                |
| PB (50m pool): 02:16.00    Antwerpen    28/07/2024      |           |           |           |           | PB (25m pool): 02:10.76 SB: 02:22.20    Antwerpen    22/03/2026 |
|                                                         | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                                 |
| PB                                                      | no time   | no time   | no time   | 02:16.00  |                                                                 |
|                                                         | no time   |           |           |           |                                                                 |
|                                                         | . . . . . | . . . . . | . . . . . | . . . . . |                                                                 |

Coach feedback:

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

| Event number: 8: 100M BREASTSTROKE MEN 15+                                                                                     |           |           | Heat:4, starttime: 11:33 |
|--------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/12 Lane : 2 Athlete: HUFKENS ILIAN                                                                                     |           |           | Q-time: 01:13:16         |
| PB (50m pool): 01:13.16 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:11.79 SB: 01:13.16 Lago Gent Rozebroeken 03/05/2026 |           |           |                          |
|                                                                                                                                | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                             | 00:34.30  | 01:13.16  |                          |
|                                                                                                                                | 00:34.30  | 00:38.86  |                          |
|                                                                                                                                | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 10: 50M FREESTYLE MEN 15+                                                                |           |  | Heat:3, starttime: 12:03 |
|--------------------------------------------------------------------------------------------------------|-----------|--|--------------------------|
| Heat: 3/15 Lane : 4 Athlete: BEGUE MILANN                                                              |           |  | Q-time: 00:26:25         |
| PB (50m pool): 00:26.25 Antwerpen 08/03/2026 PB (25m pool): 00:25.41 SB: 00:26.25 Antwerpen 08/03/2026 |           |  |                          |
|                                                                                                        | 5 0 M     |  |                          |
| PB                                                                                                     | 00:26.25  |  |                          |
|                                                                                                        | 00:26.25  |  |                          |
|                                                                                                        | . . . . . |  |                          |

Coach feedback:

| Event number: 10: 50M FREESTYLE MEN 15+                                                                |           |  | Heat:8, starttime: 12:08 |
|--------------------------------------------------------------------------------------------------------|-----------|--|--------------------------|
| Heat: 8/15 Lane : 7 Athlete: VANTHOURNOUT XANDER                                                       |           |  | Q-time: 00:25:48         |
| PB (50m pool): 00:25.48 Wezenberg 01/02/2026 PB (25m pool): 00:24.77 SB: 00:25.48 Wezenberg 01/02/2026 |           |  |                          |
|                                                                                                        | 5 0 M     |  |                          |
| PB                                                                                                     | 00:25.48  |  |                          |
|                                                                                                        | 00:25.48  |  |                          |
|                                                                                                        | . . . . . |  |                          |

Coach feedback:

| Event number: 10: 50M FREESTYLE MEN 15+                                                                |           |  | Heat:12, starttime: 12:12 |
|--------------------------------------------------------------------------------------------------------|-----------|--|---------------------------|
| Heat: 12/15 Lane : 5 Athlete: VAN TILBURG MATTHIAS                                                     |           |  | Q-time: 00:24:69          |
| PB (50m pool): 00:24.69 Antwerpen 22/03/2026 PB (25m pool): 00:24.02 SB: 00:24.69 Antwerpen 22/03/2026 |           |  |                           |
|                                                                                                        | 5 0 M     |  |                           |
| PB                                                                                                     | 00:24.69  |  |                           |
|                                                                                                        | 00:24.69  |  |                           |
|                                                                                                        | . . . . . |  |                           |

Coach feedback:

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

|                                                                                                        |           |                           |
|--------------------------------------------------------------------------------------------------------|-----------|---------------------------|
| Event number: 10: 50M FREESTYLE MEN 15+                                                                |           | Heat:12, starttime: 12:12 |
| Heat: 12/15 Lane : 7 Athlete: MICHOEL QUINTEN                                                          |           | Q-time: 00:24:72          |
| PB (50m pool): 00:24.72 Antwerpen 17/05/2026 PB (25m pool): 00:24.33 SB: 00:24.72 Antwerpen 17/05/2026 |           |                           |
|                                                                                                        | 5 0 M     |                           |
| PB                                                                                                     | 00:24.72  |                           |
|                                                                                                        | 00:24.72  |                           |
|                                                                                                        | . . . . . |                           |

Coach feedback: