

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

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

Coaches: Meyers Sepp 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 : 2 Athlete: VERNIERS NIME							Q-time: 04:52:29	
PB (50m pool): 04:52.29 Antwerpen 19/04/2026				PB (25m pool): 04:55.99SB: 04:52.29 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	00:33.26	01:09.93	01:47.24	02:25.25	03:03.04	03:40.41	04:16.93	04:52.29
	00:33.26	00:36.67	00:37.31	00:38.01	00:37.79	00:37.37	00:36.52	00:35.36
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+										Heat:12, starttime: 09:13	
Heat: 12/12 Lane : 6 Athlete: LAUREYSSSENS LUKAS										Q-time: 00:56:91	
PB (50m pool): 00:56.91 Antwerpen 27/07/2025					PB (25m pool): 00:56.64 SB: 00:56.93 Antwerpen 17/05/2026						
	5 0 M		1 0 0 M								
PB	00:26.73		00:56.91								
	00:26.73		00:30.18								
											

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+							Heat:2, starttime: 10:13	
Heat: 2/9 Lane : 5 Athlete: VAN DEN BERGH ANNA							Q-time: 02:58:01	
PB (50m pool): 02:58.01 Antwerpen 27/07/2025				PB (25m pool): no time SB: 02:59.53 Wezenberg 01/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:40.19	01:25.40	02:11.38	02:58.01				
	00:40.19	00:45.21	00:45.98	00:46.63				
								

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:4, starttime: 10:20
Heat: 4/9 Lane : 4 Athlete: VERNIERS NIME					Q-time: 02:54:05
PB (50m pool): 02:54.05 Wezenberg 01/02/2026					PB (25m pool): 02:51.82 SB: 02:54.05 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.77	01:24.94	02:09.16	02:54.05	
	00:40.77	00:44.17	00:44.22	00:44.89	
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:9, starttime: 10:37
Heat: 9/9 Lane : 2 Athlete: VAN OSTA NOMI					Q-time: 02:45:68
PB (50m pool): 02:45.68 Antwerpen 27/07/2025					PB (25m pool): 02:44.78 SB: 02:51.12 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.87	01:18.29	02:01.70	02:45.68	
	00:36.87	00:41.42	00:43.41	00:43.98	
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+					Heat:6, starttime: 11:53
Heat: 6/13 Lane : 2 Athlete: VAN OSTA NOMI					Q-time: 00:28:53
PB (50m pool): 00:28.40 Antwerpen 12/02/2023					PB (25m pool): 00:28.00 SB: 00:29.01 Wezenberg 03/01/2026
	5 0 M				
PB	00:28.40				
	00:28.40				
					

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+					Heat:13, starttime: 12:13
Heat: 13/15 Lane : 6 Athlete: LAUREYSSSENS LUKAS					Q-time: 00:24:16
PB (50m pool): 00:24.16 Antwerpen 17/05/2026					PB (25m pool): 00:23.91 SB: 00:24.16 Antwerpen 17/05/2026
	5 0 M				
PB	00:24.16				
	00:24.16				
					

Coach feedback: