

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: AZL

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

Coaches: Bijloos Annie

Coaches: Moreels Barbara HEADCOACH

PB => Personal Best time

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

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

Heat: 1/5 Lane : 1 Athlete: VAN DEN BREMT MATHIAS Q-time: 04:36:57

PB (50m pool): 04:36.57 Sportoase De Watermolen 24/05/2026 PB (25m pool): 04:37.74 SB: 04:36.57 Sportoase De Watermolen 24/05/2026

	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	00:31.31	01:06.00	01:41.09	02:16.60	02:51.92	03:27.75	04:03.29	04:36.57
	00:31.31	00:34.69	00:35.09	00:35.51	00:35.32	00:35.83	00:35.54	00:33.28
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18 Heat:4, starttime: 09:14

Heat: 4/5 Lane : 7 Athlete: VAN DEN BREMT SARAH Q-time: 05:24:01

PB (50m pool): 05:24.01 Antwerpen 27/07/2025 PB (25m pool): 05:20.62 SB: 05:26.42 Lago Gent Rozebroeken 03/05/2026

	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	00:34.16	01:14.26	01:56.66	02:37.61	03:24.56	04:12.00	04:50.02	05:24.01
	00:34.16	00:40.10	00:42.40	00:40.95	00:46.95	00:47.44	00:38.02	00:33.99
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+ Heat:1, starttime: 09:26

Heat: 1/13 Lane : 3 Athlete: POPPE WARRE Q-time: 00:31:63

PB (50m pool): 00:31.63 Aalst 26/04/2026 PB (25m pool): 00:35.40 SB: 00:31.63 Aalst 26/04/2026

	5 0 M
PB	00:31.63
	00:31.63
	

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:6, starttime: 10:40
Heat: 6/12 Lane : 7 Athlete: VAN DEN BREMT SARAH			Q-time: 01:11:96
PB (50m pool): 01:11.96 Aalst 26/04/2026			PB (25m pool): 01:08.49 SB: 01:11.96 Aalst 26/04/2026
	5 0 M	1 0 0 M	
PB	00:35.12	01:11.96	
	00:35.12	00:36.84	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:1, starttime: 10:55
Heat: 1/22 Lane : 2 Athlete: MAES JORDY			Q-time: 01:09:26
PB (50m pool): 01:07.67 Rotterdam 19/04/2026			PB (25m pool): 01:07.28 SB: 01:07.67 Rotterdam 19/04/2026
	5 0 M	1 0 0 M	
PB	00:33.39	01:07.67	
	00:33.39	00:34.28	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:1, starttime: 10:55
Heat: 1/22 Lane : 6 Athlete: POPPE WARRE			Q-time: 00:59:99
PB (50m pool): 00:59.99 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 00:59.81 SB: 00:59.99 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:29.04	00:59.99	
	00:29.04	00:30.95	
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:5, starttime: 11:52
Heat: 5/12 Lane : 5 Athlete: VERHULST MEINDERT			Q-time: 00:32:54
PB (50m pool): 00:32.54 Antwerpen 08/03/2026			PB (25m pool): 00:32.29 SB: 00:32.54 Antwerpen 08/03/2026
	5 0 M		
PB	00:32.54		
	00:32.54		
			

Coach feedback:

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: AZL

Event number: 26: 50M BREASTSTROKE MEN 15+				Heat:11, starttime: 11:59
Heat: 11/12 Lane : 1 Athlete: VERHULST LENNERT				Q-time: 00:31:17
PB (50m pool): 00:31.17 Aalst 26/04/2026		PB (25m pool): 00:30.19 SB: 00:31.17 Aalst 26/04/2026		
	5 0 M			
PB	00:31.17			
	00:31.17			
				

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:1, starttime: 12:19
Heat: 1/19 Lane : 3 Athlete: POPPE WARRE					Q-time: 02:31:97
PB (50m pool): 02:31.97 Lochristi 01/02/2026		PB (25m pool): 02:29.61 SB: 02:31.97 Lochristi 01/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:31.97	
	no time				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:1, starttime: 12:19
Heat: 1/19 Lane : 6 Athlete: MAES JORDY					Q-time: 02:46:55
PB (50m pool): 02:42.87 Rotterdam 19/04/2026		PB (25m pool): 02:45.45 SB: 02:42.87 Rotterdam 19/04/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.25	01:12.73	02:04.68	02:42.87	
	00:33.25	00:39.48	00:51.95	00:38.19	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:3, starttime: 12:25
Heat: 3/19 Lane : 3 Athlete: VERHULST MEINDERT					Q-time: 02:29:27
PB (50m pool): 02:29.27 Antwerpen 08/03/2026		PB (25m pool): 02:36.94 SB: 02:29.27 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.88	01:12.61	01:54.90	02:29.27	
	00:32.88	00:39.73	00:42.29	00:34.37	
					

Coach feedback:

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: AZL

Event number: 29: 1500M FREESTYLE WOMEN 15-16 Heat:1, starttime: 13:15

Heat: 1/1 Lane : 2 Athlete: VAN DEN BREMT SARAH Q-time: 18:45:80

PB (50m pool): 18:45.80 Antwerpen 22/03/2026 PB (25m pool): no time SB: 18:45.80 Antwerpen 22/03/2026

	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	00:32.29	01:08.01	01:44.93	02:22.02	02:59.16	03:36.30	04:13.96	04:51.59
	00:32.29	00:35.72	00:36.92	00:37.09	00:37.14	00:37.14	00:37.66	00:37.63
								

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:28.83	06:06.23	06:44.16	07:21.76	08:00.11	08:38.07	09:16.52	09:54.48
	00:37.24	00:37.40	00:37.93	00:37.60	00:38.35	00:37.96	00:38.45	00:37.96
								

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	10:33.16	11:10.62	11:48.89	12:27.05	13:05.73	13:44.69	14:22.96	15:01.05
	00:38.68	00:37.46	00:38.27	00:38.16	00:38.68	00:38.96	00:38.27	00:38.09
								

	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	15:39.29	16:17.47	16:55.23	17:33.59	18:10.62	18:45.80	
	00:38.24	00:38.18	00:37.76	00:38.36	00:37.03	00:35.18	
							

Coach feedback: