

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

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

Coaches: Van der Elst Astrid

Coaches: Moerman Pieter

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 : 6 Athlete: VANVYAENE MATTHYS Q-time: 04:34:91

PB (50m pool): 04:34.91 Antwerpen 20/07/2025 PB (25m pool): 04:24.78 SB: 04:35.00 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	00:30.20	01:05.56	01:41.76	02:17.40	02:53.31	03:28.87	04:03.88	04:34.91
	00:30.20	00:35.36	00:36.20	00:35.64	00:35.91	00:35.56	00:35.01	00:31.03
								

Coach feedback:

Event number: 18: 400M FREESTYLE MEN 15-18 Heat:3, starttime: 08:40

Heat: 3/5 Lane : 8 Athlete: DEBECKER MATHEO Q-time: 04:27:75

PB (50m pool): 04:27.75 Antwerpen 08/03/2026 PB (25m pool): 04:14.55 SB: 04:27.75 Antwerpen 08/03/2026

	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	00:29.99	01:02.98	01:37.20	02:11.47	02:46.45	03:20.94	03:55.61	04:27.75
	00:29.99	00:32.99	00:34.22	00:34.27	00:34.98	00:34.49	00:34.67	00:32.14
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18 Heat:5, starttime: 09:20

Heat: 5/5 Lane : 6 Athlete: DEBECKER CHARLOTTE Q-time: 05:03:65

PB (50m pool): 05:03.65 Antwerpen 17/05/2026 PB (25m pool): 04:55.76 SB: 05:03.65 Antwerpen 17/05/2026

	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	00:32.40	01:09.54	01:48.69	02:27.08	03:10.95	03:54.89	04:30.00	05:03.65
	00:32.40	00:37.14	00:39.15	00:38.39	00:43.87	00:43.94	00:35.11	00:33.65
								

Coach feedback:

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Event number: 20: 50M BACKSTROKE MEN 15+						Heat:2, starttime: 09:27	
Heat: 2/13 Lane : 3 Athlete: VANVYAENE MATTHYS						Q-time: 00:30:98	
PB (50m pool): 00:30.98 Antwerpen 15/03/2026				PB (25m pool): 00:31.67 SB: 00:30.98 Antwerpen 15/03/2026			
	5 0 M						
PB	00:30.98						
	00:30.98						
							

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:9, starttime: 10:08	
Heat: 9/10 Lane : 5 Athlete: DHAESELEER FRAN					Q-time: 02:06:45	
PB (50m pool): 02:06.45 Antwerpen 27/07/2025			PB (25m pool): 02:05.38 SB: 02:10.09 Antwerpen 17/05/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:29.49	01:01.32	01:33.78	02:06.45		
	00:29.49	00:31.83	00:32.46	00:32.67		
						

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+							Heat:3, starttime: 10:58		
Heat: 3/22 Lane : 5 Athlete: VANVYAENE MATTHYS							Q-time: 00:58:79		
PB (50m pool): 00:58.79 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 00:58.79 SB: 00:58.79 Lago Kortrijk Weide 03/05/2026					
	5 0 M		1 0 0 M						
PB	00:28.33		00:58.79						
	00:28.33		00:30.46						
									

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+							Heat:9, starttime: 11:07		
Heat: 9/22 Lane : 8 Athlete: DEBECKER MATHEO							Q-time: 00:57:37		
PB (50m pool): 00:57.37 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 00:57.00SB: 00:57.37 Lago Kortrijk Weide 03/05/2026					
	5 0 M		1 0 0 M						
PB	00:28.04		00:57.37						
	00:28.04		00:29.33						
									

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 15+				Heat:9, starttime: 11:42	
Heat: 9/11 Lane : 2 Athlete: DEBECKER CHARLOTTE				Q-time: 01:14:95	
PB (50m pool): 01:14.95 Antwerpen 17/05/2026				PB (25m pool): 01:11.49 SB: 01:14.95 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M			
PB	00:34.96	01:14.95			
	00:34.96	00:39.99			
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:7, starttime: 12:07	
Heat: 7/17 Lane : 3 Athlete: DHAESELEER FRAN				Q-time: 00:31:19	
PB (50m pool): 00:31.13 Zwembad Brigitte Becue Oostend 10/05/2026				PB (25m pool): 00:31.12 SB: 00:31.19 Brugge 25/01/2026	
	5 0 M				
PB	00:31.13				
	00:31.13				
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:12, starttime: 12:12	
Heat: 12/17 Lane : 6 Athlete: DEBECKER CHARLOTTE				Q-time: 00:30:30	
PB (50m pool): 00:30.30 Brugge 25/01/2026				PB (25m pool): 00:29.51 SB: 00:30.30 Brugge 25/01/2026	
	5 0 M				
PB	00:30.30				
	00:30.30				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:6, starttime: 12:34	
Heat: 6/19 Lane : 7 Athlete: DEBECKER MATHEO					Q-time: 02:27:23	
PB (50m pool): 02:27.85 Brugge 25/01/2026					PB (25m pool): 02:21.99 SB: 02:27.85 Brugge 25/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.48	01:09.57	01:53.69	02:27.85		
	00:31.48	00:38.09	00:44.12	00:34.16		
						

Coach feedback: