

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

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

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:5, starttime: 08:50	
Heat: 5/5 Lane : 6 Athlete: VANGROOTLOON JEF							Q-time: 04:07:09	
PB (50m pool): 04:07.09 Antwerpen 22/03/2026				PB (25m pool): 04:08.28SB: 04:07.09 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	00:27.05	00:57.58	01:28.83	02:00.73	02:32.82	03:05.03	03:37.02	04:07.09
	00:27.05	00:30.53	00:31.25	00:31.90	00:32.09	00:32.21	00:31.99	00:30.07
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:1, starttime: 08:55	
Heat: 1/5 Lane : 5 Athlete: LUTS EMILIA							Q-time: 05:34:94	
PB (50m pool): 05:34.94 Aalst 28/06/2025				PB (25m pool): no time SB: no time				
	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	00:36.11	01:19.25	02:02.64	02:44.95	03:31.74	04:18.87	04:57.48	05:34.94
	00:36.11	00:43.14	00:43.39	00:42.31	00:46.79	00:47.13	00:38.61	00:37.46
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:4, starttime: 09:14	
Heat: 4/5 Lane : 6 Athlete: EVENS NOOR							Q-time: 05:22:64	
PB (50m pool): 05:14.18 Antwerpen 28/07/2024				PB (25m pool): 05:17.29 SB: 05:24.13 Genk 01/02/2026				
	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	no time	no time	no time	no time	no time	no time	no time	05:14.18
	<i>no time</i>							
								

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 09:48
Heat: 2/10 Lane : 2 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 02:19:78
PB (50m pool): 02:19.78 Olympic Pool Wezenberg, Antwer 29/07/2026					PB (25m pool): 02:17.63 SB: 02:19.78 Olympic Pool Wezenberg, Antwer 29/07/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.94	01:07.99	01:44.21	02:19.78	
	00:31.94	00:36.05	00:36.22	00:35.57	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:5, starttime: 09:57
Heat: 5/10 Lane : 2 Athlete: SARGESJAN NALA					Q-time: 02:16:80
PB (50m pool): 02:16.80 Eindhoven 28/06/2026					PB (25m pool): 02:16.29 SB: 02:16.80 Eindhoven 28/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.44	01:06.17	01:41.71	02:16.80	
	00:31.44	00:34.73	00:35.54	00:35.09	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:5, starttime: 09:57
Heat: 5/10 Lane : 5 Athlete: KONINGS YLVA					Q-time: 02:16:08
PB (50m pool): 02:16.08 Eindhoven 28/06/2026					PB (25m pool): 02:11.08 SB: 02:16.08 Eindhoven 28/06/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.65	01:05.96	01:41.15	02:16.08	
	00:31.65	00:34.31	00:35.19	00:34.93	
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:3, starttime: 10:33		
Heat: 3/12 Lane : 1 Athlete: LUTS EMILIA			Q-time: 01:13:51		
PB (50m pool): 01:13.51 Ottignies Louvain-La-Neuve 07/06/2026			PB (25m pool): 01:12.28 SB: 01:13.51 Ottignies Louvain-La-Neuve 07/06/2026		
	5 0 M	1 0 0 M			
PB	00:35.77	01:13.51			
	00:35.77	00:37.74			
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:4, starttime: 10:35
Heat: 4/12 Lane : 6 Athlete: VERLEYSEN NOA			Q-time: 01:12:91
PB (50m pool): 01:12.91 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:12.91 SB: 01:12.91 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.53	01:12.91	
	00:35.53	00:37.38	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:5, starttime: 10:37
Heat: 5/12 Lane : 8 Athlete: VANIERSCHOT ELLA			Q-time: 01:12:78
PB (50m pool): 01:12.78 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:09.61 SB: 01:12.78 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.29	01:12.78	
	00:35.29	00:37.49	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:22, starttime: 11:25
Heat: 22/22 Lane : 1 Athlete: VANGROOTLOON JEF			Q-time: 00:53:45
PB (50m pool): 00:53.45 Antwerpen 22/03/2026 PB (25m pool): 00:52.76 SB: 00:53.45 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:25.68	00:53.45	
	00:25.68	00:27.77	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:2, starttime: 11:29
Heat: 2/11 Lane : 4 Athlete: LUTS EMILIA			Q-time: 01:22:64
PB (50m pool): 01:22.64 Gent 08/02/2026 PB (25m pool): 01:21.37 SB: 01:22.64 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:39.12	01:22.64	
	00:39.12	00:43.52	
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:6, starttime: 11:37
Heat: 6/11 Lane : 5 Athlete: MÜLLER RENA			Q-time: 01:19:51
PB (50m pool): 01:19.51 Antwerpen 19/04/2026			PB (25m pool): 01:20.84 SB: 01:19.51 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:37.42	01:19.51	
	00:37.42	00:42.09	
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:4, starttime: 11:51
Heat: 4/12 Lane : 4 Athlete: VANOPPEN MATHIAS			Q-time: 00:32:84
PB (50m pool): 00:32.84 Olympic Pool Wezenberg, Antwer 29/03/25			PB (25m pool): 00:32.94 SB: 00:32.84 Olympic Pool Wezenberg, Antwer 29/03/25
	5 0 M		
PB	00:32.84		
	00:32.84		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:2, starttime: 12:02
Heat: 2/17 Lane : 5 Athlete: COPERMAN SAM			Q-time: 00:32:28
PB (50m pool): 00:32.28 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:32.73 SB: 00:32.39 Antwerpen 15/03/2026
	5 0 M		
PB	00:32.28		
	00:32.28		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:3, starttime: 12:03
Heat: 3/17 Lane : 3 Athlete: VERLEYSEN NOA			Q-time: 00:32:03
PB (50m pool): 00:32.03 Antwerpen 15/03/2026			PB (25m pool): 00:32.80 SB: 00:32.03 Antwerpen 15/03/2026
	5 0 M		
PB	00:32.03		
	00:32.03		
			

Coach feedback:

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

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:3, starttime: 12:03																			
Heat: 3/17 Lane : 6 Athlete: CLAESSENS ELLA-LOUISE																				Q-time: 00:32:10									
PB (50m pool): 00:32.10 Antwerpen 15/03/2026										PB (25m pool): 00:32.35SB: 00:32.10 Antwerpen 15/03/2026																			
		5 0 M																											
PB		00:32.10																											
		00:32.10																											
																													

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:5, starttime: 12:05																				
Heat: 5/17 Lane : 8 Athlete: VANIERSCHOT ELLA																				Q-time: 00:31:72										
PB (50m pool): 00:31.72 Antwerpen 15/03/2026										PB (25m pool): 00:31.77 SB: 00:31.72 Antwerpen 15/03/2026																				
	5 0 M																													
PB	00:31.72																													
	00:31.72																													
																														

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:9, starttime: 12:09																				
Heat: 9/17 Lane : 2 Athlete: SARGESJAN NALA																				Q-time: 00:31:03										
PB (50m pool): 00:31.03 Antwerpen 08/03/2026										PB (25m pool): 00:30.33SB: 00:31.03 Antwerpen 08/03/2026																				
	5 0 M																													
PB	00:31.03																													
	00:31.03																													
																														

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:13, starttime: 12:13																													
Heat: 13/17 Lane : 2 Athlete: EVENS NOOR																				Q-time: 00:30:04																			
PB (50m pool): 00:30.26 Zwembad Brigitte Becue 30/05/2025																				PB (25m pool): 00:29.79SB: 00:31.24 Sportoase De Watermolen 24/05/2025																			
	5 0 M																																						
PB	00:30.26																																						
	00:30.26																																						
																																							

Coach feedback: