

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

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

Coaches: LEPLA MARTINE

Coaches: PYPE MAAIKE

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 : 5 Athlete: HOOGHE MAURO **Q-time: 04:32:56**

PB (50m pool): 04:32.56 Antwerpen 08/03/2026 **PB (25m pool): 04:27.98 SB: 04:32.56 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	00:29.51	01:02.89	01:37.25	02:12.06	02:46.97	03:22.46	03:57.79	04:32.56
	00:29.51	00:33.38	00:34.36	00:34.81	00:34.91	00:35.49	00:35.33	00:34.77
								

Coach feedback:

Event number: 18: 400M FREESTYLE MEN 15-18 **Heat:2, starttime: 08:35**

Heat: 2/5 Lane : 7 Athlete: DEHAENE JULE **Q-time: 04:29:94**

PB (50m pool): 04:29.94 Antwerpen 27/07/2025 **PB (25m pool): 04:25.95 SB: 04:30.63 Brugge 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	00:29.06	01:03.27	01:38.32	02:13.46	02:48.07	03:22.94	03:57.04	04:29.94
	00:29.06	00:34.21	00:35.05	00:35.14	00:34.61	00:34.87	00:34.10	00:32.90
								

Coach feedback:

Event number: 18: 400M FREESTYLE MEN 15-18 **Heat:2, starttime: 08:35**

Heat: 2/5 Lane : 8 Athlete: VANDENBERGHE SIMON **Q-time: 04:32:20**

PB (50m pool): 04:32.20 Antwerpen 27/07/2025 **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	00:29.74	01:03.43	01:38.83	02:14.74	02:49.86	03:25.02	03:59.44	04:32.20
	00:29.74	00:33.69	00:35.40	00:35.91	00:35.12	00:35.16	00:34.42	00:32.76
								

Coach feedback:

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Event number: 20: 50M BACKSTROKE MEN 15+							Heat:4, starttime: 09:30	
Heat: 4/13 Lane : 2 Athlete: VANDERHAEGHE ANTWAN							Q-time: 00:30:30	
PB (50m pool): 00:30.30 Antwerpen 27/07/2025				PB (25m pool): no time SB: 00:30.39 Antwerpen 22/03/2026				
	5 0 M							
PB	00:30.30							
	00:30.30							
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+							Heat:4, starttime: 09:30		
Heat: 4/13 Lane : 6 Athlete: DEHAENE JULE							Q-time: 00:30:30		
PB (50m pool): 00:30.30 Brugge 01/02/2026				PB (25m pool): 00:31.08SB: 00:30.30 Brugge 01/02/2026					
	5 0 M								
PB	00:30.30								
	00:30.30								
									

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+							Heat:6, starttime: 09:33		
Heat: 6/13 Lane : 1 Athlete: SEYS WOUT							Q-time: 00:29:94		
PB (50m pool): 00:29.94 Antwerpen 08/03/2026							PB (25m pool): 00:29.07 SB: 00:29.94 Antwerpen 08/03/2026		
	5 0 M								
PB	00:29.94								
	00:29.94								
									

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:3, starttime: 09:51	
Heat: 3/10 Lane : 7 Athlete: VANDERMARLIERE JUNA					Q-time: 02:18:91	
PB (50m pool): 02:18.91 Antwerpen 20/07/2025		PB (25m pool): 02:17.22 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.15	01:06.36	01:43.22	02:18.91		
	00:31.15	00:35.21	00:36.86	00:35.69		
						

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:2, starttime: 10:31
Heat: 2/12 Lane : 8 Athlete: DE BRUYNE SILKE			Q-time: 01:14:10
PB (50m pool): 01:14.26 Brugge 01/02/2026			PB (25m pool): 01:11.29 SB: 01:14.26 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:36.40	01:14.26	
	00:36.40	00:37.86	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:5, starttime: 11:01
Heat: 5/22 Lane : 3 Athlete: HOOGHE MAURO			Q-time: 00:58:18
PB (50m pool): 00:58.18 MOUSCRON 25/05/2026			PB (25m pool): 00:57.68 SB: 00:58.18 MOUSCRON 25/05/2026
	5 0 M	1 0 0 M	
PB	00:28.41	00:58.18	
	00:28.41	00:29.77	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:8, starttime: 11:05
Heat: 8/22 Lane : 7 Athlete: PAUWELS MILLAU			Q-time: 00:57:67
PB (50m pool): 00:57.67 Antwerpen 08/03/2026			PB (25m pool): 00:56.95 SB: 00:57.67 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.08	00:57.67	
	00:27.08	00:30.59	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:8, starttime: 11:05
Heat: 8/22 Lane : 8 Athlete: VANDERHAEGHE ANTWAN			Q-time: 00:57:76
PB (50m pool): 00:57.76 Antwerpen 19/04/2026			PB (25m pool): 00:56.20 SB: 00:57.76 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:26.96	00:57.76	
	00:26.96	00:30.80	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:16, starttime: 11:17
Heat: 16/22 Lane : 8 Athlete: DUFLOUCQ SEPPE			Q-time: 00:55:69
PB (50m pool): 00:55.69 Antwerpen 27/07/2025			PB (25m pool): 00:54.69 SB: 00:56.78 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:26.64	00:55.69	
	00:26.64	00:29.05	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:17, starttime: 11:18
Heat: 17/22 Lane : 1 Athlete: SEYS WOUT			Q-time: 00:55:26
PB (50m pool): 00:55.26 Antwerpen 27/07/2025			PB (25m pool): 00:54.43 SB: 00:55.48 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	no time	00:55.26	
	no time		
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:3, starttime: 11:50
Heat: 3/12 Lane : 6 Athlete: VANDERHAEGHE ANTWAN			Q-time: 00:33:32
PB (50m pool): 00:33.32 Antwerpen 19/04/2026			PB (25m pool): 00:32.06 SB: 00:33.32 Antwerpen 19/04/2026
	5 0 M		
PB	00:33.32		
	00:33.32		
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:8, starttime: 11:55
Heat: 8/12 Lane : 2 Athlete: DUFLOUCQ SEPPE			Q-time: 00:31:86
PB (50m pool): 00:31.86 Antwerp 09/02/2025			PB (25m pool): 00:31.11 SB: 00:32.46 Antwerpen 19/04/2026
	5 0 M		
PB	00:31.86		
	00:31.86		
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:3, starttime: 12:03	
Heat: 3/17 Lane : 2 Athlete: VANDERMARLIERE JUNA				Q-time: 00:32:11	
PB (50m pool): 00:32.11 Eindhoven 16/03/2025				PB (25m pool): 00:32.54 SB: no time	
	5 0 M				
PB	00:32.11				
	00:32.11				
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:11, starttime: 12:11	
Heat: 11/17 Lane : 4 Athlete: TYVAERT MANON				Q-time: 00:30:48	
PB (50m pool): 00:30.46 Antwerpen 28/07/2024				PB (25m pool): 00:30.48 SB: 00:30.51 Antwerpen 22/03/2026	
	5 0 M				
PB	00:30.46				
	00:30.46				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:4, starttime: 12:28	
Heat: 4/19 Lane : 2 Athlete: PAUWELS MILLAU					Q-time: 02:28:48	
PB (50m pool): 02:28.48 Antwerpen 08/03/2026					PB (25m pool): 02:26.97 SB: 02:28.48 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:30.85	01:11.02	01:56.61	02:28.48		
	00:30.85	00:40.17	00:45.59	00:31.87		
						

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:7, starttime: 12:37	
Heat: 7/19 Lane : 3 Athlete: HOOGE MAURO					Q-time: 02:25:68	
PB (50m pool): 02:25.68 Antwerpen 20/07/2025					PB (25m pool): 02:19.43 SB: 02:25.75 Brugge 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.12	01:08.51	01:52.71	02:25.68		
	00:31.12	00:37.39	00:44.20	00:32.97		
						

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+					Heat:9, starttime: 12:43
Heat: 9/19 Lane : 7 Athlete: DEHAENE JULE					Q-time: 02:24:40
PB (50m pool): 02:24.40 Antwerpen 19/04/2026					PB (25m pool): 02:22.93 SB: 02:24.40 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.10	01:06.51	01:52.15	02:24.40	
	00:30.10	00:36.41	00:45.64	00:32.25	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:12, starttime: 12:52
Heat: 12/19 Lane : 1 Athlete: VANDENBERGHE SIMON					Q-time: 02:22:65
PB (50m pool): 02:22.65 Antwerpen 27/07/2025					PB (25m pool): 02:29.61 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.52	01:08.64	01:50.15	02:22.65	
	00:29.52	00:39.12	00:41.51	00:32.50	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:12, starttime: 12:52
Heat: 12/19 Lane : 7 Athlete: SEYS WOUT					Q-time: 02:22:53
PB (50m pool): 02:22.53 Antwerpen 27/07/2025					PB (25m pool): 02:17.74 SB: 02:25.45 MOUSCRON 25/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.97	01:06.49	01:53.06	02:22.53	
	00:29.97	00:36.52	00:46.57	00:29.47	
					

Coach feedback: