

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

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

Coaches: Destoop Jens

PB => Personal Best time

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

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:1, starttime: 09:45
Heat: 1/10 Lane : 5 Athlete: VAN HOUCKE IMKE					Q-time: 02:20:44
PB (50m pool): 02:20.44 Gent 08/02/2026			PB (25m pool): 02:17.77 SB: 02:20.44 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:07.78	no time	02:20.44	
	no time				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+					Heat:2, starttime: 10:31
Heat: 2/12 Lane : 2 Athlete: DERAEDT TILLE					Q-time: 01:13:90
PB (50m pool): 01:13.90 Antwerpen 15/03/2026			PB (25m pool): 01:13.93 SB: 01:13.90 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M			
PB	00:35.93	01:13.90			
	00:35.93	00:37.97			
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+					Heat:3, starttime: 12:03
Heat: 3/17 Lane : 7 Athlete: VAN HOUCKE IMKE					Q-time: 00:32:24
PB (50m pool): 00:32.24 Antwerpen 15/03/2026			PB (25m pool): 00:33.09 SB: 00:32.24 Antwerpen 15/03/2026		
	5 0 M				
PB	00:32.24				
	00:32.24				
					

Coach feedback:

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

Event number: 27: 50M BUTTERFLY WOMEN 15+					Heat:13, starttime: 12:13				
Heat: 13/17 Lane : 5 Athlete: BHIJA NOOR					Q-time: 00:29:93				
PB (50m pool): 00:29.93 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 00:30.95 SB: 00:29.93 Lago Kortrijk Weide 03/05/2026				
	5 0 M								
PB	00:29.93								
	00:29.93								
									

Coach feedback: