

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

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

Coaches: Vanhaeke Heidi

Coaches: Marquillie Martine HEADCOACH

Coaches: Duck Chantal

Coaches: Dewulf Bart

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:4, starttime: 08:45	
Heat: 4/5 Lane : 5 Athlete: DECUPERE ALEX							Q-time: 04:20:12	
PB (50m pool): 04:20.12 Antwerpen 08/03/2026				PB (25m pool): 04:33.27SB: 04:20.12 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	00:27.85	00:59.76	01:32.72	02:06.18	02:40.07	03:13.76	03:47.72	04:20.12
	00:27.85	00:31.91	00:32.96	00:33.46	00:33.89	00:33.69	00:33.96	00:32.40
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:3, starttime: 09:08	
Heat: 3/5 Lane : 1 Athlete: FEYS FARAH							Q-time: 05:31:14	
PB (50m pool): 05:31.14 Antwerpen 08/03/2026				PB (25m pool): 05:31.78SB: 05:31.14 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	00:33.57	01:12.77	01:57.03	02:39.72	03:28.26	04:18.38	04:56.42	05:31.14
	00:33.57	00:39.20	00:44.26	00:42.69	00:48.54	00:50.12	00:38.04	00:34.72
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:4, starttime: 09:14	
Heat: 4/5 Lane : 4 Athlete: DECOUTERE IMANI							Q-time: 05:14:46	
PB (50m pool): 05:14.46 Antwerpen 27/07/2025				PB (25m pool): 05:05.86SB: 05:15.78 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	00:32.19	01:10.18	01:49.65	02:28.40	03:15.48	04:03.44	04:39.62	05:14.46
	00:32.19	00:37.99	00:39.47	00:38.75	00:47.08	00:47.96	00:36.18	00:34.84
								

Coach feedback:

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Event number: 20: 50M BACKSTROKE MEN 15+				Heat:8, starttime: 09:36	
Heat: 8/13 Lane : 7 Athlete: FEYS JONAH				Q-time: 00:29:60	
PB (50m pool): 00:29.60 Antwerpen 17/05/2026				PB (25m pool): 00:28.42 SB: 00:29.60 Antwerpen 17/05/2026	
	5 0 M				
PB	00:29.60				
	00:29.60				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:1, starttime: 09:45	
Heat: 1/10 Lane : 3 Athlete: VERMAUT CELINE					Q-time: 02:25:43	
PB (50m pool): 02:25.43 Antwerpen 13/07/2025					PB (25m pool): 02:23.47 SB: 02:27.28 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:33.11	01:09.80	01:47.61	02:25.43		
	00:33.11	00:36.69	00:37.81	00:37.82		
						

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 15+					Heat:3, starttime: 10:19	
Heat: 3/5 Lane : 8 Athlete: DEBRUYNE HANNES					Q-time: 02:21:80	
PB (50m pool): 02:21.80 Antwerpen 08/03/2026					PB (25m pool): 02:45.81 SB: 02:21.80 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:30.78	01:06.06	01:43.22	02:21.80		
	00:30.78	00:35.28	00:37.16	00:38.58		
						

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+				Heat:2, starttime: 10:31	
Heat: 2/12 Lane : 5 Athlete: FEYS FARAH				Q-time: 01:13:69	
PB (50m pool): 01:13.69 Brugge 01/02/2026				PB (25m pool): 01:12.09 SB: 01:13.69 Brugge 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:35.95	01:13.69			
	00:35.95	00:37.74			
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:7, starttime: 10:42
Heat: 7/12 Lane : 3 Athlete: SANDRA EVA			Q-time: 01:10:94
PB (50m pool): 01:09.62 Antwerpen 28/07/2024			PB (25m pool): 01:08.15 SB: 01:13.49 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:09.62	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:12, starttime: 10:53
Heat: 12/12 Lane : 2 Athlete: DECOUTERE IMANI			Q-time: 01:07:14
PB (50m pool): 01:07.14 Antwerpen 08/03/2026			PB (25m pool): 01:04.81 SB: 01:07.14 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.88	01:07.14	
	00:32.88	00:34.26	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:1, starttime: 10:55
Heat: 1/22 Lane : 5 Athlete: VANDEMAELE JACOB			Q-time: 00:59:96
PB (50m pool): 00:59.96 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 00:59.03 SB: 00:59.96 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:29.10	00:59.96	
	00:29.10	00:30.86	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:12, starttime: 11:11
Heat: 12/22 Lane : 5 Athlete: VERELZEN ROBBE			Q-time: 00:56:45
PB (50m pool): 00:56.27 Antwerpen 12/02/2023			PB (25m pool): 00:54.87 SB: 00:56.75 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	no time	00:56.27	
	no time		
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:13, starttime: 11:13
Heat: 13/22 Lane : 2 Athlete: DECUPERE ALEX			Q-time: 00:56:29
PB (50m pool): 00:56.29 Antwerpen 08/03/2026			PB (25m pool): 00:54.67 SB: 00:56.29 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:26.94	00:56.29	
	00:26.94	00:29.35	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:15, starttime: 11:15
Heat: 15/22 Lane : 7 Athlete: DECUPERE CEDRIC			Q-time: 00:55:93
PB (50m pool): 00:55.93 Antwerpen 27/07/2025			PB (25m pool): 00:54.66 SB: 00:56.43 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:26.31	00:55.93	
	00:26.31	00:29.62	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:16, starttime: 11:17
Heat: 16/22 Lane : 4 Athlete: CHRISTIAENS STIJN			Q-time: 00:55:32
PB (50m pool): 00:55.32 Antwerpen 27/07/2025			PB (25m pool): 00:53.99 SB: 00:56.15 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:26.44	00:55.32	
	00:26.44	00:28.88	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:17, starttime: 11:18
Heat: 17/22 Lane : 7 Athlete: FEYS JONAH			Q-time: 00:55:11
PB (50m pool): 00:55.11 Antwerpen 22/03/2026			PB (25m pool): 00:54.22 SB: 00:55.11 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:27.06	00:55.11	
	00:27.06	00:28.05	
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:1, starttime: 11:27
Heat: 1/11 Lane : 3 Athlete: VERMAUT CELINE			Q-time: 01:31:81
PB (50m pool): 01:30.78 Lago Kortrijk Weide 28/04/2024			PB (25m pool): 01:29.49 SB: 01:32.74 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	no time	01:30.78	
	no time		
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:10, starttime: 11:58
Heat: 10/12 Lane : 7 Athlete: DECUPERE CEDRIC			Q-time: 00:31:08
PB (50m pool): 00:31.08 Antwerpen 27/07/2025			PB (25m pool): 00:30.09 SB: 00:31.39 Antwerpen 17/05/2026
	5 0 M		
PB	00:31.08		
	00:31.08		
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:11, starttime: 11:59
Heat: 11/12 Lane : 2 Athlete: VERELZEN ROBBE			Q-time: 00:30:85
PB (50m pool): 00:30.85 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 00:30.26 SB: 00:30.85 Lago Kortrijk Weide 03/05/2026
	5 0 M		
PB	00:30.85		
	00:30.85		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:5, starttime: 12:05
Heat: 5/17 Lane : 1 Athlete: FEYS FARAH			Q-time: 00:31:66
PB (50m pool): 00:31.66 Antwerpen 08/03/2026			PB (25m pool): 00:37.06 SB: 00:31.66 Antwerpen 08/03/2026
	5 0 M		
PB	00:31.66		
	00:31.66		
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:10, starttime: 12:10	
Heat: 10/17 Lane : 5 Athlete: CHRISTIAENS JUTTA				Q-time: 00:30:74	
PB (50m pool): 00:30.74 Antwerpen 27/07/2025				PB (25m pool): 00:30.27 SB: 00:31.27 Antwerpen 22/03/2026	
	5 0 M				
PB	00:30.74				
	00:30.74				
					

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:14, starttime: 12:14	
Heat: 14/17 Lane : 1 Athlete: DECOUTERE IMANI				Q-time: 00:29:89	
PB (50m pool): 00:29.89 Antwerpen 08/03/2026				PB (25m pool): 00:29.84 SB: 00:29.89 Antwerpen 08/03/2026	
	5 0 M				
PB	00:29.89				
	00:29.89				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+				Heat:2, starttime: 12:22	
Heat: 2/19 Lane : 3 Athlete: VANDEMAELE JACOB				Q-time: 02:30:57	
PB (50m pool): 02:30.57 Brugge 01/02/2026				PB (25m pool): 02:27.89 SB: 02:30.57 Brugge 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.52	01:10.01	01:56.54	02:30.57	
	00:31.52	00:38.49	00:46.53	00:34.03	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+				Heat:2, starttime: 12:22	
Heat: 2/19 Lane : 8 Athlete: THUYLIE VIC				Q-time: 02:31:43	
PB (50m pool): 02:31.43 Lago Kortrijk Weide 03/05/2026				PB (25m pool): 02:31.65 SB: 02:31.43 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.91	01:11.19	01:56.87	02:31.43	
	00:32.91	00:38.28	00:45.68	00:34.56	
					

Coach feedback:

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

Event number: 28: 200M MEDLEY MEN 15+					Heat:9, starttime: 12:43
Heat: 9/19 Lane : 6 Athlete: DEBRUYNE HANNES					Q-time: 02:24:30
PB (50m pool): 02:24.30 Antwerpen 08/03/2026					PB (25m pool): 02:20.66 SB: 02:24.30 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.72	01:06.18	01:52.33	02:24.30	
	00:29.72	00:36.46	00:46.15	00:31.97	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:12, starttime: 12:52
Heat: 12/19 Lane : 2 Athlete: DECUPERE ALEX					Q-time: 02:22:53
PB (50m pool): 02:22.53 Antwerpen 08/03/2026					PB (25m pool): 02:17.89 SB: 02:22.53 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.94	01:07.22	01:50.22	02:22.53	
	00:29.94	00:37.28	00:43.00	00:32.31	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:14, starttime: 12:57
Heat: 14/19 Lane : 4 Athlete: CHRISTIAENS STIJN					Q-time: 02:19:98
PB (50m pool): 02:19.60 Kortrijk 26/12/2024					PB (25m pool): 02:13.63 SB: 02:20.39 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.30	01:07.60	01:47.64	02:19.60	
	00:30.30	00:37.30	00:40.04	00:31.96	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:15, starttime: 13:00
Heat: 15/19 Lane : 5 Athlete: VERELZEN ROBBE					Q-time: 02:18:94
PB (50m pool): 02:17.86 ANTWERPEN 30/07/2023					PB (25m pool): 02:13.56 SB: 02:22.31 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:17.86	
	no time				
					

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+				Heat:15, starttime: 13:00	
Heat: 15/19 Lane : 8 Athlete: DECUPERE CEDRIC				Q-time: 02:19:74	
PB (50m pool): 02:19.74 Antwerpen 27/07/2025				PB (25m pool): 02:19.18 SB: 02:24.90 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.47	01:05.28	01:47.28	02:19.74	
	00:28.47	00:36.81	00:42.00	00:32.46	
					

Coach feedback: