

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

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

Coaches: Tisson Fabienne

Coaches: Beerten Ine

Coaches: Emmers Kelly HEADCOACH

Coaches: Dekoninck Nicole

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:3, starttime: 08:40	
Heat: 3/5 Lane : 2 Athlete: ROOSEN LUKAS							Q-time: 04:25:11	
PB (50m pool): 04:25.11 Charleroi 24/05/2026			PB (25m pool): 04:24.44SB: 04:25.11 Charleroi 24/05/2026					
	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	00:30.56	01:04.09	01:37.83	02:11.77	02:45.47	03:19.28	03:53.13	04:25.11
	00:30.56	00:33.53	00:33.74	00:33.94	00:33.70	00:33.81	00:33.85	00:31.98
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+										Heat:8, starttime: 09:36	
Heat: 8/13 Lane : 5 Athlete: BEISHUIZEN TOM										Q-time: 00:29:49	
PB (50m pool): 00:29.49 Antwerpen 17/05/2026										PB (25m pool): 00:29.13 SB: 00:29.49 Antwerpen 17/05/2026	
	5 0 M										
PB	00:29.49										
	00:29.49										
											

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 15+							Heat:5, starttime: 10:25	
Heat: 5/5 Lane : 1 Athlete: ROOSEN LUKAS							Q-time: 02:19:78	
PB (50m pool): 02:19.78 Charleroi 24/05/2026				PB (25m pool): 02:25.63SB: 02:19.78 Charleroi 24/05/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:31.26	01:07.48	01:43.61	02:19.78				
	00:31.26	00:36.22	00:36.13	00:36.17				
								

Coach feedback:

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

Event number: 24: 100M FREESTYLE MEN 15+			Heat:2, starttime: 10:56
Heat: 2/22 Lane : 1 Athlete: FRANSEN DYLANO			Q-time: 00:59:90
PB (50m pool): 00:59.90 Genk 01/02/2026			PB (25m pool): 00:59.26 SB: 00:59.90 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:29.10	00:59.90	
	00:29.10	00:30.80	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:12, starttime: 11:11
Heat: 12/22 Lane : 4 Athlete: BEISHUIZEN TOM			Q-time: 00:56:44
PB (50m pool): 00:56.44 Mol 28/06/2026			PB (25m pool): 00:54.87 SB: 00:56.44 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:26.91	00:56.44	
	00:26.91	00:29.53	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:7, starttime: 11:39
Heat: 7/11 Lane : 4 Athlete: JANSEN ELINE			Q-time: 01:18:71
PB (50m pool): 01:18.71 Antwerpen 20/07/2025			PB (25m pool): 01:19.66 SB: 01:22.46 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:37.04	01:18.71	
	00:37.04	00:41.67	
			

Coach feedback: