

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

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

Coaches: Bogaerts Michel

Coaches: Nice Alexander

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:3, starttime: 09:29	
Heat: 3/13 Lane : 4 Athlete: SONUMUT ARMAN				Q-time: 00:30:49	
PB (50m pool): 00:30.49 Antwerpen 08/03/2026				PB (25m pool): 00:30.93 SB: 00:30.49 Antwerpen 08/03/2026	
	5 0 M				
PB	00:30.49				
	00:30.49				
					

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:13, starttime: 09:44	
Heat: 13/13 Lane : 5 Athlete: WARNON KERVENS				Q-time: 00:27:04	
PB (50m pool): 00:27.04 Antwerpen 27/07/2025				PB (25m pool): 00:25.37 SB: no time	
	5 0 M				
PB	00:27.04				
	00:27.04				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+				Heat:3, starttime: 10:33	
Heat: 3/12 Lane : 7 Athlete: MAASKANT KRISTINA				Q-time: 01:13:44	
PB (50m pool): 01:13.44 Antwerpen 27/07/2025				PB (25m pool): 01:10.53 SB: 01:13.77 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M			
PB	00:34.79	01:13.44			
	00:34.79	00:38.65			
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:4, starttime: 10:35
Heat: 4/12 Lane : 1 Athlete: SOUTHWORTH FELICITY			Q-time: 01:13:13
PB (50m pool): 01:13.13 Aalst 26/04/2026			PB (25m pool): 01:12.81 SB: 01:13.13 Aalst 26/04/2026
	5 0 M	1 0 0 M	
PB	00:35.24	01:13.13	
	00:35.24	00:37.89	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:4, starttime: 10:59
Heat: 4/22 Lane : 5 Athlete: VANDERBORGHT MILAN			Q-time: 00:58:56
PB (50m pool): 00:58.56 Molenbeek 01/02/2026			PB (25m pool): 00:57.18 SB: 00:58.56 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	00:58.56	
	no time		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:8, starttime: 11:05
Heat: 8/22 Lane : 6 Athlete: SONUMUT ARMAN			Q-time: 00:57:62
PB (50m pool): 00:57.62 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:56.93 SB: 00:57.62 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:26.87	00:57.62	
	00:26.87	00:30.75	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:20, starttime: 11:23
Heat: 20/22 Lane : 5 Athlete: MEES RUBEN			Q-time: 00:52:25
PB (50m pool): 00:52.25 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:50.38 SB: 00:52.25 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:24.79	00:52.25	
	00:24.79	00:27.46	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:22, starttime: 11:25
Heat: 22/22 Lane : 3 Athlete: MEES BRENT			Q-time: 00:52:46
PB (50m pool): 00:52.46 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:50.55 SB: 00:52.47 Antwerpen 17/05/2026			
	5 0 M	1 0 0 M	
PB	00:25.37	00:52.46	
	00:25.37	00:27.09	
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:12, starttime: 12:12
Heat: 12/17 Lane : 3 Athlete: MAASKANT KRISTINA			Q-time: 00:30:28
PB (50m pool): 00:30.28 Antwerpen 27/07/2025 PB (25m pool): 00:30.76 SB: 00:30.65 Antwerpen 08/03/2026			
	5 0 M		
PB	00:30.28		
	00:30.28		
			

Coach feedback: