

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

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

Coaches: Wouters Maxim

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

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:2, starttime: 09:01	
Heat: 2/5 Lane : 2 Athlete: BELLENS LORE							Q-time: 05:33:73	
PB (50m pool): 05:33.73 Antwerpen 08/03/2026				PB (25m pool): 05:27.17 SB: 05:33.73 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	00:33.92	01:13.71	01:58.35	02:42.24	03:30.24	04:18.05	04:56.25	05:33.73
	00:33.92	00:39.79	00:44.64	00:43.89	00:48.00	00:47.81	00:38.20	00:37.48
								

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+							Heat:6, starttime: 09:59	
Heat: 6/10 Lane : 6 Athlete: MERTENS FEMKE							Q-time: 02:15:49	
PB (50m pool): 02:15.49 Olympic Pool Wezenberg, Antwer 29/03/2026				PB (25m pool): 02:12.67 SB: 02:15.49 Olympic Pool Wezenberg, Antwer 29/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:31.01	01:04.98	01:40.24	02:15.49				
	00:31.01	00:33.97	00:35.26	00:35.25				
								

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+										Heat:1, starttime: 10:28	
Heat: 1/12 Lane : 2 Athlete: BELLENS LORE										Q-time: 01:14:93	
PB (50m pool): 01:14.93 Wezenberg 01/02/2026					PB (25m pool): 01:11.81 SB: 01:14.93 Wezenberg 01/02/2026						
	5 0 M		1 0 0 M								
PB	00:36.72		01:14.93								
	00:36.72		00:38.21								
											

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:5, starttime: 10:37
Heat: 5/12 Lane : 3 Athlete: JANSSENS ELISABETH			Q-time: 01:12:53
PB (50m pool): 01:12.53 Antwerpen 08/03/2026			PB (25m pool): 01:09.81 SB: 01:12.53 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:35.14	01:12.53	
	00:35.14	00:37.39	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:8, starttime: 10:44
Heat: 8/12 Lane : 2 Athlete: MERTENS FEMKE			Q-time: 01:10:39
PB (50m pool): 01:10.39 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:08.39 SB: 01:10.39 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:34.34	01:10.39	
	00:34.34	00:36.05	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:4, starttime: 11:33
Heat: 4/11 Lane : 5 Athlete: JANSSENS ELISABETH			Q-time: 01:21:30
PB (50m pool): 01:21.30 Antwerpen 27/07/2025			PB (25m pool): 01:20.83 SB: 01:21.73 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:37.96	01:21.30	
	00:37.96	00:43.34	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:6, starttime: 11:37
Heat: 6/11 Lane : 1 Athlete: DURT REINE			Q-time: 01:20:20
PB (50m pool): 01:20.20 Antwerpen 15/03/2026			PB (25m pool): 01:19.11 SB: 01:20.20 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.08	01:20.20	
	00:38.08	00:42.12	
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:8, starttime: 11:40
Heat: 8/11 Lane : 8 Athlete: MERTENS FEMKE			Q-time: 01:18:60
PB (50m pool): 01:18.60 Antwerpen 17/05/2026			PB (25m pool): 01:17.27 SB: 01:18.60 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:36.28	01:18.60	
	00:36.28	00:42.32	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:10, starttime: 11:44
Heat: 10/11 Lane : 8 Athlete: BOVEN AXELLE			Q-time: 01:16:72
PB (50m pool): 01:16.72 Antwerpen 27/07/2025			PB (25m pool): 01:14.85 SB: 01:17.38 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:36.01	01:16.72	
	00:36.01	00:40.71	
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:3, starttime: 12:03
Heat: 3/17 Lane : 5 Athlete: BELLENS LORE			Q-time: 00:31:96
PB (50m pool): 00:31.96 Wezenberg 01/02/2026			PB (25m pool): 00:33.21 SB: 00:31.96 Wezenberg 01/02/2026
	5 0 M		
PB	00:31.96		
	00:31.96		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:11, starttime: 12:11
Heat: 11/17 Lane : 5 Athlete: BOVEN AXELLE			Q-time: 00:30:52
PB (50m pool): 00:30.52 Antwerpen 08/03/2026			PB (25m pool): 00:30.20 SB: 00:30.52 Antwerpen 08/03/2026
	5 0 M		
PB	00:30.52		
	00:30.52		
			

Coach feedback: