

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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18 **Heat:2, starttime: 08:35**

Heat: 2/5 Lane : 5 Athlete: LIEVENS SéBASTIEN **Q-time: 04:28:60**

PB (50m pool): no time				PB (25m pool): no time SB: no time				
	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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18 **Heat:3, starttime: 09:08**

Heat: 3/5 Lane : 8 Athlete: DELPORTE LOTTE **Q-time: 05:31:24**

PB (50m pool): 05:31.24 Antwerpen 17/05/2026				PB (25m pool): 05:24.85 SB: 05:31.24 Antwerpen 17/05/2026				
	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	00:34.14	01:15.54	01:57.57	02:38.74	03:28.45	04:17.83	04:54.95	05:31.24
	00:34.14	00:41.40	00:42.03	00:41.17	00:49.71	00:49.38	00:37.12	00:36.29
								

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+ **Heat:5, starttime: 09:32**

Heat: 5/13 Lane : 5 Athlete: VAN DE GENDER WOUT **Q-time: 00:30:05**

PB (50m pool): 00:30.05 Aalst 11/05/2025		PB (25m pool): 00:29.33 SB: 00:30.22 Antwerpen 22/03/2026	
	5 0 M		
PB	00:30.05		
	00:30.05		
			

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 09:48
Heat: 2/10 Lane : 1 Athlete: WULLAERT FIEN					Q-time: 02:20:07
PB (50m pool): 02:20.07 Antwerpen 20/07/2025					PB (25m pool): 02:17.86 SB: 02:20.27 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.49	01:08.30	01:45.26	02:20.07	
	00:32.49	00:35.81	00:36.96	00:34.81	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 09:48
Heat: 2/10 Lane : 7 Athlete: DE BRABANDER CELESTE					Q-time: 02:19:82
PB (50m pool): 02:19.82 Antwerpen 19/04/2026					PB (25m pool): 02:19.73 SB: 02:19.82 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.29	01:08.50	01:44.54	02:19.82	
	00:32.29	00:36.21	00:36.04	00:35.28	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 09:48
Heat: 2/10 Lane : 8 Athlete: VAN DAELE JOSEFIEN					Q-time: 02:20:10
PB (50m pool): 02:20.10 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:20.46 SB: 02:20.10 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.70	01:08.92	01:45.48	02:20.10	
	00:32.70	00:36.22	00:36.56	00:34.62	
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:1, starttime: 10:28		
Heat: 1/12 Lane : 1 Athlete: WULLAERT FIEN			Q-time: 01:15:06		
PB (50m pool): 01:15.06 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:14.65 SB: 01:15.06 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:36.87	01:15.06			
	00:36.87	00:38.19			
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:7, starttime: 10:42
Heat: 7/12 Lane : 5 Athlete: DELPORTE LOTTE			Q-time: 01:10:94
PB (50m pool): 01:10.94 Antwerpen 17/05/2026			PB (25m pool): 01:09.78 SB: 01:10.94 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:34.50	01:10.94	
	00:34.50	00:36.44	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:2, starttime: 10:56
Heat: 2/22 Lane : 2 Athlete: VERHAGEN TOON			Q-time: 00:59:83
PB (50m pool): 00:59.83 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 00:59.82 SB: 00:59.83 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:28.71	00:59.83	
	00:28.71	00:31.12	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:12, starttime: 11:11
Heat: 12/22 Lane : 2 Athlete: VAN DE GENDER WOUT			Q-time: 00:56:51
PB (50m pool): 00:56.51 Gent 08/02/2026			PB (25m pool): 00:54.96 SB: 00:56.51 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:27.50	00:56.51	
	00:27.50	00:29.01	
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:1, starttime: 11:48
Heat: 1/12 Lane : 4 Athlete: BEN AYAD NAOUFAL			Q-time: 00:34:26
PB (50m pool): 00:34.26 Sportoase De Watermolen 24/05/2026			PB (25m pool): 00:35.08 SB: 00:34.26 Sportoase De Watermolen 24/05/2026
	5 0 M		
PB	00:34.26		
	00:34.26		
			

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+					Heat:3, starttime: 12:25
Heat: 3/19 Lane : 6 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:29:38
PB (50m pool): 02:29.38 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:31.26 SB: 02:29.38 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.99	01:14.71	01:56.07	02:29.38	
	00:33.99	00:40.72	00:41.36	00:33.31	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:5, starttime: 12:31
Heat: 5/19 Lane : 1 Athlete: LIEVENS SÉBASTIEN					Q-time: 02:28:01
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:13, starttime: 12:54
Heat: 13/19 Lane : 8 Athlete: VAN DE GENDER WOUT					Q-time: 02:22:22
PB (50m pool): 02:22.22 Antwerpen 27/07/2025 PB (25m pool): 02:22.07 SB: 02:24.98 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.84	01:07.28	01:50.65	02:22.22	
	00:29.84	00:37.44	00:43.37	00:31.57	
					

Coach feedback: