

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

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

Coaches: Van Quaethem David HEADCOACH

Coaches: Herreman Kurt

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:1, starttime: 08:30	
Heat: 1/5 Lane : 7 Athlete: TACQ NATHAN							Q-time: 04:35:58	
PB (50m pool): 04:35.58 Antwerpen 19/04/2026				PB (25m pool): 04:26.41 SB: 04:35.58 Antwerpen 19/04/2026				
	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	00:30.41	01:04.88	01:40.44	02:16.32	02:52.16	03:27.98	04:02.84	04:35.58
	00:30.41	00:34.47	00:35.56	00:35.88	00:35.84	00:35.82	00:34.86	00:32.74
								

Coach feedback:

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:1, starttime: 08:30	
Heat: 1/5 Lane : 8 Athlete: BAEYENS WARRE							Q-time: 04:37:73	
PB (50m pool): 04:37.73 Antwerpen 19/04/2026				PB (25m pool): 04:22.78 SB: 04:37.73 Antwerpen 19/04/2026				
	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	00:31.02	01:05.76	01:42.40	02:18.07	02:54.62	03:30.12	04:05.19	04:37.73
	00:31.02	00:34.74	00:36.64	00:35.67	00:36.55	00:35.50	00:35.07	00:32.54
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:1, starttime: 08:55	
Heat: 1/5 Lane : 3 Athlete: LANDUYT ANNA-LUCIA							Q-time: 05:36:81	
PB (50m pool): 05:36.81 Antwerpen 27/07/2025				PB (25m pool): no time SB: 05:46.83 Brugge 01/02/2026				
	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	00:35.17	01:17.51	01:59.59	02:40.11	03:27.97	04:18.37	04:59.40	05:36.81
	00:35.17	00:42.34	00:42.08	00:40.52	00:47.86	00:50.40	00:41.03	00:37.41
								

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:6, starttime: 09:59
Heat: 6/10 Lane : 4 Athlete: DEVOLDER YELENA					Q-time: 02:15:33
PB (50m pool): 02:15.33 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:15.86 SB: 02:15.33 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.80	01:06.52	01:41.56	02:15.33	
	00:31.80	00:34.72	00:35.04	00:33.77	
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 15+					Heat:3, starttime: 10:19
Heat: 3/5 Lane : 5 Athlete: DRUWEL MAURO					Q-time: 02:10:24
PB (50m pool): 02:10.24 Antwerpen 22/03/2026					PB (25m pool): 02:07.44 SB: 02:10.24 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.17	01:01.74	01:35.97	02:10.24	
	00:28.17	00:33.57	00:34.23	00:34.27	
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+					Heat:1, starttime: 10:28
Heat: 1/12 Lane : 8 Athlete: DRUWEL NORA					Q-time: 01:15:13
PB (50m pool): 01:15.13 Antwerpen 20/04/2025					PB (25m pool): 01:13.82 SB: 01:15.28 Antwerpen 19/04/2026
	5 0 M	1 0 0 M			
PB	00:36.75	01:15.13			
	00:36.75	00:38.38			
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+					Heat:6, starttime: 10:40
Heat: 6/12 Lane : 3 Athlete: LANDUYT ANNA-LUCIA					Q-time: 01:11:59
PB (50m pool): 01:11.59 Antwerpen 27/07/2025					PB (25m pool): 01:08.09 SB: 01:14.69 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	00:34.67	01:11.59			
	00:34.67	00:36.92			
					

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+				Heat:3, starttime: 10:58	
Heat: 3/22 Lane : 6 Athlete: BAEYENS WARRE				Q-time: 00:59:17	
PB (50m pool): 00:59.17 Antwerpen 15/03/2026				PB (25m pool): 00:58.82 SB: 00:59.17 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	no time	00:59.17			
	no time				
					

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+				Heat:1, starttime: 11:48	
Heat: 1/12 Lane : 5 Athlete: BAEYENS WARRE				Q-time: 00:34:31	
PB (50m pool): 00:34.31 Brugge 14/02/2026				PB (25m pool): 00:34.30 SB: 00:34.31 Brugge 14/02/2026	
	5 0 M				
PB	00:34.31				
	00:34.31				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:1, starttime: 12:19	
Heat: 1/19 Lane : 4 Athlete: GALLE LAURIS					Q-time: 02:31:70	
PB (50m pool): 02:31.70 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:36.19 SB: 02:31.70 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.05	01:10.40	01:56.30	02:31.70		
	00:31.05	00:39.35	00:45.90	00:35.40		
						

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:9, starttime: 12:43	
Heat: 9/19 Lane : 8 Athlete: TACQ NATHAN					Q-time: 02:24:56	
PB (50m pool): 02:24.56 Brugge 25/01/2026					PB (25m pool): 02:25.94 SB: 02:24.56 Brugge 25/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.11	01:09.79	01:51.41	02:24.56		
	00:32.11	00:37.68	00:41.62	00:33.15		
						

Coach feedback: