

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

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

Coaches: Guldentops Kevin

Coaches: Michiels Hans HEADCOACH

Coaches: Decaesstecker Elise

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:4, starttime: 08:45	
Heat: 4/5 Lane : 6 Athlete: MICHIELS SIBE							Q-time: 04:20:76	
PB (50m pool): 04:20.76 Antwerpen 08/03/2026				PB (25m pool): 04:16.42SB: 04:20.76 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	00:28.49	01:00.87	01:34.76	02:08.86	02:43.30	03:17.14	03:51.03	04:20.76
	00:28.49	00:32.38	00:33.89	00:34.10	00:34.44	00:33.84	00:33.89	00:29.73
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:2, starttime: 09:01	
Heat: 2/5 Lane : 7 Athlete: WAELPUT ELODIE							Q-time: 05:34:07	
PB (50m pool): 05:34.07 Antwerpen 27/07/2025				PB (25m pool): 05:28.22 SB: 05:46.47 Lochristi 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	00:33.96	01:13.27	01:56.77	02:39.32	03:27.53	04:17.58	04:56.25	05:34.07
	00:33.96	00:39.31	00:43.50	00:42.55	00:48.21	00:50.05	00:38.67	00:37.82
								

Coach feedback:

Event number: 19: 400M MEDLEY WOMEN 15-18							Heat:3, starttime: 09:08	
Heat: 3/5 Lane : 5 Athlete: VAN BUNDER AMY							Q-time: 05:27:05	
PB (50m pool): 05:27.05 Antwerpen 08/03/2026				PB (25m pool): 05:23.50SB: 05:27.05 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	00:32.68	01:11.74	01:55.11	02:36.52	03:23.24	04:12.15	04:50.26	05:27.05
	00:32.68	00:39.06	00:43.37	00:41.41	00:46.72	00:48.91	00:38.11	00:36.79
								

Coach feedback:

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Event number: 20: 50M BACKSTROKE MEN 15+			Heat:1, starttime: 09:26
Heat: 1/13 Lane : 5 Athlete: DE JONG STAN			Q-time: 00:31:19
PB (50m pool): 00:31.19 Antwerpen 15/03/2026			PB (25m pool): 00:30.70 SB: 00:31.19 Antwerpen 15/03/2026
	5 0 M		
PB	00:31.19		
	00:31.19		
			

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+			Heat:2, starttime: 09:27
Heat: 2/13 Lane : 1 Athlete: SCHRAUWEN BJARNE			Q-time: 00:31:14
PB (50m pool): 00:31.14 Antwerpen 19/04/2026			PB (25m pool): 00:30.20 SB: 00:31.14 Antwerpen 19/04/2026
	5 0 M		
PB	00:31.14		
	00:31.14		
			

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+			Heat:4, starttime: 09:30
Heat: 4/13 Lane : 3 Athlete: WAELPUT THOMAS			Q-time: 00:30:30
PB (50m pool): 00:30.30 Eindhoven 16/03/2025			PB (25m pool): 00:28.56 SB: 00:30.38 Antwerpen 22/03/2026
	5 0 M		
PB	00:30.30		
	00:30.30		
			

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+			Heat:10, starttime: 09:39
Heat: 10/13 Lane : 1 Athlete: MICHIELS SIBE			Q-time: 00:29:15
PB (50m pool): 00:29.15 Antwerpen 22/03/2026			PB (25m pool): 00:28.29 SB: 00:29.15 Antwerpen 22/03/2026
	5 0 M		
PB	00:29.15		
	00:29.15		
			

Coach feedback:

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

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:10, starttime: 09:39	
Heat: 10/13 Lane : 7 Athlete: BOODTS GERBEN				Q-time: 00:29:15	
PB (50m pool): 00:29.15 Antwerpen 20/04/2025				PB (25m pool): 00:27.93 SB: 00:29.23 Antwerpen 22/03/2026	
	5 0 M				
PB	00:29.15				
	00:29.15				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:6, starttime: 09:59	
Heat: 6/10 Lane : 3 Athlete: GAUDAEN MAUD					Q-time: 02:15:44	
PB (50m pool): 02:15.44 Antwerpen 08/03/2026					PB (25m pool): 02:13.70 SB: 02:15.44 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:30.95	01:05.56	01:40.96	02:15.44		
	00:30.95	00:34.61	00:35.40	00:34.48		
						

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+				Heat:1, starttime: 10:28	
Heat: 1/12 Lane : 5 Athlete: GAUDAEN MAUD				Q-time: 01:14:54	
PB (50m pool): 01:14.54 Antwerpen 20/07/2025				PB (25m pool): 01:10.42 SB: no time	
	5 0 M	1 0 0 M			
PB	00:36.57	01:14.54			
	00:36.57	00:37.97			
					

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+				Heat:9, starttime: 10:46	
Heat: 9/12 Lane : 3 Athlete: STESENS EMMA-LOUISE				Q-time: 01:09:23	
PB (50m pool): 01:09.23 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): 01:08.47 SB: 01:09.23 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M			
PB	00:33.80	01:09.23			
	00:33.80	00:35.43			
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:12, starttime: 10:53
Heat: 12/12 Lane : 7 Athlete: VERLUYTEN LENI			Q-time: 01:07:58
PB (50m pool): 01:07.58 La Louvière 25/05/2025			PB (25m pool): 01:05.97 SB: 01:08.88 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.77	01:07.58	
	00:32.77	00:34.81	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:6, starttime: 11:02
Heat: 6/22 Lane : 6 Athlete: WAELPUT THOMAS			Q-time: 00:57:95
PB (50m pool): 00:56.47 Antwerpen 28/07/2024			PB (25m pool): 00:54.91 SB: 00:58.12 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	00:56.47	
	no time		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:7, starttime: 11:04
Heat: 7/22 Lane : 3 Athlete: DE JONG STAN			Q-time: 00:57:78
PB (50m pool): 00:57.78 Antwerpen 19/04/2026			PB (25m pool): 00:56.58 SB: 00:57.78 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:28.12	00:57.78	
	00:28.12	00:29.66	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:13, starttime: 11:13
Heat: 13/22 Lane : 6 Athlete: BOODTS GERBEN			Q-time: 00:56:27
PB (50m pool): 00:56.27 Antwerpen 20/04/2025			PB (25m pool): 00:56.36 SB: 00:57.59 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:28.03	00:56.27	
	00:28.03	00:28.24	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:17, starttime: 11:18
Heat: 17/22 Lane : 3 Athlete: MICHIELS SIBE			Q-time: 00:55:03
PB (50m pool): 00:55.30 Antwerpen 17/05/2026			PB (25m pool): 00:53.83 SB: 00:55.30 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	no time	00:55.30	
	no time		
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:2, starttime: 11:29
Heat: 2/11 Lane : 2 Athlete: STESENS EMMA-LOUISE			Q-time: 01:23:27
PB (50m pool): 01:23.27 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:17.90 SB: 01:23.27 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:39.10	01:23.27	
	00:39.10	00:44.17	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:11, starttime: 11:46
Heat: 11/11 Lane : 3 Athlete: LAGEY LISELOTTE			Q-time: 01:12:94
PB (50m pool): 01:19.41 Antwerpen 17/05/2026			PB (25m pool): no time SB: 01:19.41 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:35.70	01:19.41	
	00:35.70	00:43.71	
			

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+			Heat:8, starttime: 11:55
Heat: 8/12 Lane : 6 Athlete: SCIACCA LEANDRO			Q-time: 00:31:79
PB (50m pool): 00:31.79 Antwerpen 19/04/2026			PB (25m pool): 00:31.28 SB: 00:31.79 Antwerpen 19/04/2026
	5 0 M		
PB	00:31.79		
	00:31.79		
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+							Heat:10, starttime: 12:10		
Heat: 10/17 Lane : 7 Athlete: MURAT IREM							Q-time: 00:30:85		
PB (50m pool): 00:30.85 Antwerpen 27/07/2025				PB (25m pool): 00:30.61 SB: 00:30.99 Antwerpen 19/04/2026					
	5 0 M								
PB	00:30.85								
	00:30.85								
									

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:14, starttime: 12:14																													
Heat: 14/17																				Lane : 7					Athlete: VAN BUNDER AMY										Q-time: 00:29:84				
PB (50m pool): 00:29.84										Lochristi 01/02/2026					PB (25m pool): 00:29.68										SB: 00:29.84					Lochristi 01/02/2026									
	5 0 M																																						
PB	00:29.84																																						
	00:29.84																																						
																																							

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:6, starttime: 12:34
Heat: 6/19 Lane : 2 Athlete: SCHRAUWEN BJARNE				Q-time: 02:27:03	
PB (50m pool): 02:27.03 Antwerpen 08/03/2026			PB (25m pool): 02:21.89SB: 02:27.03 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.80	01:07.62	01:52.48	02:27.03	
	00:29.80	00:37.82	00:44.86	00:34.55	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:8, starttime: 12:40
Heat: 8/19 Lane : 2 Athlete: SCACCA LEANDRO				Q-time: 02:24:90	
PB (50m pool): 02:24.90 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:18.56SB: 02:24.90 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.61	01:11.44	01:50.48	02:24.90	
	00:30.61	00:40.83	00:39.04	00:34.42	
					

Coach feedback: