

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

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

Coaches: Vereecken Sven

Coaches: Van Looy Wendy HEADCOACH

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+			Heat:1, starttime: 09:26
Heat: 1/13 Lane : 4 Athlete: HUFKENS ILIAN			Q-time: 00:31:18
PB (50m pool): 00:31.18 Mol 28/06/2026			PB (25m pool): 00:30.40 SB: 00:31.18 Mol 28/06/2026
	5 0 M		
PB	00:31.18		
	00:31.18		
			

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+			Heat:11, starttime: 09:41
Heat: 11/13 Lane : 2 Athlete: VAN TILBURG MATTHIAS			Q-time: 00:28:49
PB (50m pool): 00:28.49 Antwerpen 27/07/2025			PB (25m pool): 00:26.68 SB: 00:28.71 Antwerpen 22/03/2026
	5 0 M		
PB	00:28.49		
	00:28.49		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:6, starttime: 11:02
Heat: 6/22 Lane : 1 Athlete: HUFKENS ILIAN			Q-time: 00:58:03
PB (50m pool): 00:58.03 Mol 28/06/2026			PB (25m pool): 00:57.29 SB: 00:58.03 Mol 28/06/2026
	5 0 M	1 0 0 M	
PB	00:28.53	00:58.03	
	00:28.53	00:29.50	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:10, starttime: 11:08
Heat: 10/22 Lane : 8 Athlete: BEGUE MILANN			Q-time: 00:57:18
PB (50m pool): 00:57.18 Antwerpen 08/03/2026			PB (25m pool): 00:56.38 SB: 00:57.18 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.33	00:57.18	
	00:27.33	00:29.85	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:16, starttime: 11:17
Heat: 16/22 Lane : 2 Athlete: VANTHOURNOUT XANDER			Q-time: 00:55:54
PB (50m pool): 00:55.54 Antwerp 09/02/2025			PB (25m pool): 00:54.16 SB: 00:55.98 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:26.75	00:55.54	
	00:26.75	00:28.79	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:17, starttime: 11:18
Heat: 17/22 Lane : 4 Athlete: VAN TILBURG MATTHIAS			Q-time: 00:54:98
PB (50m pool): 00:54.98 Antwerpen 27/07/2025			PB (25m pool): 00:52.86 SB: 00:55.75 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:26.41	00:54.98	
	00:26.41	00:28.57	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:18, starttime: 11:20
Heat: 18/22 Lane : 5 Athlete: MICHOEL QUINTEN			Q-time: 00:54:35
PB (50m pool): 00:54.35 Antwerpen 17/05/2026			PB (25m pool): 00:52.82 SB: 00:54.35 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:26.17	00:54.35	
	00:26.17	00:28.18	
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+				Heat:5, starttime: 12:05	
Heat: 5/17 Lane : 4 Athlete: MAES JULIE				Q-time: 00:31:59	
PB (50m pool): 00:31.59 Antwerpen 27/07/2025				PB (25m pool): 00:31.71 SB: 00:31.87 Antwerpen 15/03/2026	
	5 0 M				
PB	00:31.59				
	00:31.59				
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:3, starttime: 12:25	
Heat: 3/19 Lane : 1 Athlete: BEGUE MILANN					Q-time: 02:29:82	
PB (50m pool): 02:29.82 Antwerpen 20/07/2025					PB (25m pool): 02:24.55 SB: 02:29.87 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.37	01:10.91	01:54.98	02:29.82		
	00:32.37	00:38.54	00:44.07	00:34.84		
						

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:11, starttime: 12:49	
Heat: 11/19 Lane : 1 Athlete: DE VISSER SAM					Q-time: 02:23:03	
PB (50m pool): 02:25.42 Antwerpen 27/07/2025					PB (25m pool): 02:19.18 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.28	01:07.08	01:52.40	02:25.42		
	00:31.28	00:35.80	00:45.32	00:33.02		
						

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:13, starttime: 12:54	
Heat: 13/19 Lane : 1 Athlete: HUFKENS ILIAN					Q-time: 02:22:15	
PB (50m pool): 02:22.15 Antwerpen 08/03/2026					PB (25m pool): 02:19.96 SB: 02:22.15 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:30.10	01:06.73	01:48.11	02:22.15		
	00:30.10	00:36.63	00:41.38	00:34.04		
						

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+					Heat:15, starttime: 13:00
Heat: 15/19 Lane : 1 Athlete: MICHOEL QUINTEN					Q-time: 02:19:09
PB (50m pool): 02:19.09 Antwerpen 27/07/2025					PB (25m pool): 02:16.34 SB: 02:20.09 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.00	01:05.32	01:47.53	02:19.09	
	00:28.00	00:37.32	00:42.21	00:31.56	
					

Coach feedback: