

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

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

Coaches: De Herdt An HEADCOACH

Coaches: De Weerdt Koen

Coaches: De Herdt Els

Coaches: Van Campenhout Sigrid

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+							Heat:5, starttime: 09:32		
Heat: 5/13 Lane : 2 Athlete: DOOMEN MARNIX							Q-time: 00:30:12		
PB (50m pool): 00:30.12 Olympic Pool Wezenberg, Antwer 29/03/2025							PB (25m pool): 00:29.14 SB: 00:30.12 Olympic Pool Wezenberg, Antwer 29/03/2025		
	5 0 M								
PB	00:30.12								
	00:30.12								
									

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 09:48	
Heat: 2/10 Lane : 5 Athlete: VERDOOD PIP					Q-time: 02:19:18	
PB (50m pool): 02:19.60 Antwerpen 20/07/2025					PB (25m pool): 02:18.60SB: 02:20.59 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.24	01:07.95	01:44.18	02:19.60		
	00:32.24	00:35.71	00:36.23	00:35.42		
						

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+							Heat:11, starttime: 11:10		
Heat: 11/22 Lane : 3 Athlete: DOOMEN MARNIX							Q-time: 00:56:74		
PB (50m pool): 00:56.74 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 00:55.76 SB: 00:56.74 Lago Gent Rozebroeken 03/05/2026									
	5 0 M		1 0 0 M						
PB	00:27.29		00:56.74						
	00:27.29		00:29.45						
									

Coach feedback:

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Event number: 26: 50M BREASTSTROKE MEN 15+										Heat:2, starttime: 11:49																			
Heat: 2/12 Lane : 3 Athlete: JACOB QINGKUN																				Q-time: 00:33:82									
PB (50m pool): 00:33.82 Wezenberg 01/02/2026										PB (25m pool): 00:32.43SB: 00:33.82 Wezenberg 01/02/2026																			
	5 0 M																												
PB	00:33.82																												
	00:33.82																												
																													

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+										Heat:2, starttime: 11:49																													
Heat: 2/12																				Lane : 5					Athlete: MERTENS GERBEN										Q-time: 00:33:80				
PB (50m pool): 00:33.80										Mol 28/06/2026					PB (25m pool): 00:34.81										SB: 00:33.80					Mol 28/06/2026									
	5 0 M																																						
PB	00:33.80																																						
	00:33.80																																						
																																							

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+										Heat:8, starttime: 11:55																			
Heat: 8/12 Lane : 7 Athlete: WIJSGEER VIKTOR																				Q-time: 00:31:89									
PB (50m pool): 00:31.89 Antwerpen 19/04/2026										PB (25m pool): 00:31.16 SB: 00:31.89 Antwerpen 19/04/2026																			
	5 0 M																												
PB	00:31.89																												
	00:31.89																												
																													

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:4, starttime: 12:04																			
Heat: 4/17 Lane : 3 Athlete: VAN REETH LIEZE																				Q-time: 00:31:74									
PB (50m pool): 00:31.74 Antwerpen 19/04/2026										PB (25m pool): 00:33.34SB: 00:31.74 Antwerpen 19/04/2026																			
	5 0 M																												
PB	00:31.74																												
	00:31.74																												
																													

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+						Heat:12, starttime: 12:12	
Heat: 12/17 Lane : 7 Athlete: JACOBS LOTTE					Q-time: 00:30:34		
PB (50m pool): 00:30.34 Antwerpen 22/03/2026			PB (25m pool): 00:29.76 SB: 00:30.34 Antwerpen 22/03/2026				
	5 0 M						
PB	00:30.34						
	00:30.34						
							

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:5, starttime: 12:31	
Heat: 5/19 Lane : 6 Athlete: WIJSGEER VIKTOR					Q-time: 02:27:51	
PB (50m pool): 02:27.51 Antwerpen 08/03/2026			PB (25m pool): 02:24.62 SB: 02:27.51 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:33.26	01:12.17	01:51.43	02:27.51		
	00:33.26	00:38.91	00:39.26	00:36.08		
						

Coach feedback: