

CB-BK WE2 2026: Session: 5: COACH evaluation sheet for TEAM: BEST

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

Coaches: Mentens Nele HEADCOACH

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:3, starttime: 08:37
Heat: 3/16 Lane : 2 Athlete: KERCKHOFS NIENKE					Q-time: 02:42:85
PB (50m pool): 02:42.85 Antwerpen 20/07/2025					PB (25m pool): 02:41.12 SB: 02:46.05 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.99	01:18.83	02:06.36	02:42.85	
	00:36.99	00:41.84	00:47.53	00:36.49	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:12, starttime: 09:05
Heat: 12/16 Lane : 5 Athlete: VANDERLINDEN PAULIEN					Q-time: 02:34:74
PB (50m pool): 02:34.74 Antwerpen 20/07/2025					PB (25m pool): 02:31.74 SB: 02:36.17 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.47	01:12.72	01:58.78	02:34.74	
	00:32.47	00:40.25	00:46.06	00:35.96	
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE MEN 15+					Heat:2, starttime: 09:24
Heat: 2/7 Lane : 2 Athlete: VAN HOOFF COBE					Q-time: 02:42:15
PB (50m pool): 02:42.15 Antwerpen 08/03/2026					PB (25m pool): 02:34.10 SB: 02:42.15 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.10	01:16.84	01:59.48	02:42.15	
	00:36.10	00:40.74	00:42.64	00:42.67	
					

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:1, starttime: 10:29
Heat: 1/11 Lane : 4 Athlete: KERCKHOFS NIENKE					Q-time: 02:42:15
PB (50m pool): 02:42.15 Antwerpen 20/07/2025					PB (25m pool): 02:34.76 SB: 02:42.62 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.15	01:20.18	02:02.37	02:42.15	
	00:38.15	00:42.03	00:42.19	00:39.78	
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:7, starttime: 10:51
Heat: 7/11 Lane : 5 Athlete: VANDERLINDEN PAULIEN					Q-time: 02:34:04
PB (50m pool): 02:34.04 Antwerpen 20/07/2025					PB (25m pool): 02:28.01 SB: 02:36.29 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.54	01:16.35	01:55.70	02:34.04	
	00:36.54	00:39.81	00:39.35	00:38.34	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:7, starttime: 11:25
Heat: 7/19 Lane : 8 Athlete: VAN HOOFF COBE					Q-time: 02:08:08
PB (50m pool): 02:08.08 Antwerpen 27/07/2025					PB (25m pool): 02:05.67 SB: 02:09.76 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.29	01:01.36	01:35.09	02:08.08	
	00:29.29	00:32.07	00:33.73	00:32.99	
					

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+					Heat:2, starttime: 12:38
Heat: 2/9 Lane : 1 Athlete: VANDERLINDEN PAULIEN					Q-time: 01:11:15
PB (50m pool): 01:11.15 Antwerpen 20/07/2025					PB (25m pool): 01:09.16 SB: no time
	5 0 M	1 0 0 M			
PB	00:32.96	01:11.15			
	00:32.96	00:38.19			
					

Coach feedback: