

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

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

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:1, starttime: 08:30
Heat: 1/16 Lane : 5 Athlete: THEWISSEN MIRTHE					Q-time: 02:45:01
PB (50m pool): 02:45.01 Antwerpen 20/07/2025					PB (25m pool): 02:41.71 SB: 02:45.47 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.90	01:18.30	02:07.16	02:45.01	
	00:35.90	00:42.40	00:48.86	00:37.85	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:3, starttime: 08:37
Heat: 3/16 Lane : 8 Athlete: VERLEYSEN NOA					Q-time: 02:43:18
PB (50m pool): 02:43.18 Genk 01/02/2026					PB (25m pool): 02:42.41 SB: 02:43.18 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.01	01:16.55	02:05.43	02:43.18	
	00:35.01	00:41.54	00:48.88	00:37.75	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:5, starttime: 08:43
Heat: 5/16 Lane : 3 Athlete: BEUNCKENS TESS					Q-time: 02:40:97
PB (50m pool): 02:40.97 Zwembad Brigitte Becue 26/04/2026					PB (25m pool): 02:39.96 SB: 02:40.97 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.96	01:16.29	02:04.52	02:40.97	
	00:35.96	00:40.33	00:48.23	00:36.45	
					

Coach feedback:

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Event number: 34: 200M MEDLEY WOMEN 15+					Heat:6, starttime: 08:46
Heat: 6/16 Lane : 1 Athlete: VANIERSCHOT ELLA					Q-time: 02:40:82
PB (50m pool): 02:40.82 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:39.93 SB: 02:40.82 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.14	01:13.63	02:03.62	02:40.82	
	00:34.14	00:39.49	00:49.99	00:37.20	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:11, starttime: 09:02
Heat: 11/16 Lane : 1 Athlete: LUTS EMILIA					Q-time: 02:36:06
PB (50m pool): 02:36.06 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:32.18 SB: 02:42.70 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.59	01:13.22	01:59.18	02:36.06	
	00:33.59	00:39.63	00:45.96	00:36.88	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:14, starttime: 09:11
Heat: 14/16 Lane : 1 Athlete: KONINGS YLVA					Q-time: 02:30:24
PB (50m pool): 02:30.24 Antwerp 09/02/2025 PB (25m pool): 02:24.58 SB: 02:35.15 Eindhoven 28/06/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.94	01:11.17	01:55.48	02:30.24	
	00:31.94	00:39.23	00:44.31	00:34.76	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:14, starttime: 09:11
Heat: 14/16 Lane : 6 Athlete: EVENS NOOR					Q-time: 02:27:71
PB (50m pool): 02:27.71 Antwerpen 27/04/2025 PB (25m pool): 02:25.26 SB: 02:33.30 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.14	01:10.44	01:52.65	02:27.71	
	00:31.14	00:39.30	00:42.21	00:35.06	
					

Coach feedback:

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Event number: 36: 100M FREESTYLE WOMEN 15+					Heat:6, starttime: 09:51	
Heat: 6/12 Lane : 2 Athlete: SARGESJAN NALA					Q-time: 01:02:05	
PB (50m pool): 01:02.05 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:00.68 SB: 01:02.05 Zwembad Brigitte Becue 26/04/2026						
	5 0 M	1 0 0 M				
PB	00:29.60	01:02.05				
	00:29.60	00:32.45				
						

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+							Heat:6, starttime: 09:51		
Heat: 6/12 Lane : 7 Athlete: CLAESSENS ELLA-LOUISE							Q-time: 01:02:06		
PB (50m pool): 01:02.06 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:02.43 SB: 01:02.06 Zwembad Brigitte Becue 26/04/2026									
	5 0 M		1 0 0 M						
PB	00:29.56		01:02.06						
	00:29.56		00:32.50						
									

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:2, starttime: 10:33
Heat: 2/11 Lane : 1 Athlete: THEWISSEN MIRTHE				Q-time: 02:41:02	
PB (50m pool): 02:41.02 Antwerpen 20/07/2025					
PB (25m pool): 02:37.66 SB: 02:43.46 Eindhoven 28/06/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.86	01:18.75	02:00.53	02:41.02	
	00:37.86	00:40.89	00:41.78	00:40.49	
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:2, starttime: 10:33
Heat: 2/11 Lane : 5 Athlete: BEUNCKENS TESS				Q-time: 02:40:62	
PB (50m pool): 02:40.62 Antwerpen 19/04/2026					
PB (25m pool): 02:34.48SB: 02:40.62 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.64	01:18.13	01:59.20	02:40.62	
	00:37.64	00:40.49	00:41.07	00:41.42	
					

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:4, starttime: 10:40
Heat: 4/11 Lane : 5 Athlete: VERLEYSEN NOA					Q-time: 02:37:41
PB (50m pool): 02:41.24 Gent 08/02/2026			PB (25m pool): 02:32.93 SB: 02:41.24 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.63	01:20.09	02:02.19	02:41.24	
	00:38.63	00:41.46	00:42.10	00:39.05	
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:5, starttime: 10:44
Heat: 5/11 Lane : 7 Athlete: VANIERSCHOT ELLA					Q-time: 02:36:79
PB (50m pool): 02:36.79 Antwerp 09/02/2025			PB (25m pool): 02:29.32 SB: 02:38.24 Seraing 25/01/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.93	01:16.62	01:57.33	02:36.79	
	00:36.93	00:39.69	00:40.71	00:39.46	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:17, starttime: 11:51
Heat: 17/19 Lane : 3 Athlete: VANGROOTLOON JEF					Q-time: 01:56:17
PB (50m pool): 01:56.77 Antwerpen 08/03/2026			PB (25m pool): 01:53.71 SB: 01:56.77 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.94	00:56.44	01:26.83	01:56.77	
	00:26.94	00:29.50	00:30.39	00:29.94	
					

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+					Heat:3, starttime: 12:01
Heat: 3/12 Lane : 7 Athlete: MÜLLER RENA					Q-time: 00:37:64
PB (50m pool): 00:37.64 Antwerpen 19/04/2026			PB (25m pool): 00:38.73 SB: 00:37.64 Antwerpen 19/04/2026		
	5 0 M				
PB	00:37.64				
	00:37.64				
					

Coach feedback:

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Event number: 41: 50M BUTTERFLY MEN 15+			Heat:4, starttime: 12:16
Heat: 4/24 Lane : 2 Athlete: BERGMANS MATS			Q-time: 00:29:21
PB (50m pool): 00:29.21 SportinGenk Park 06/04/2026			PB (25m pool): 00:28.96 SB: 00:29.21 SportinGenk Park 06/04/2026
	5 0 M		
PB	00:29.21		
	00:29.21		
			

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+			Heat:1, starttime: 12:36
Heat: 1/9 Lane : 3 Athlete: VERLEYSSEN NOA			Q-time: 01:12:11
PB (50m pool): 01:12.11 Antwerpen 15/03/2026			PB (25m pool): 01:12.59 SB: 01:12.11 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.93	01:12.11	
	00:32.93	00:39.18	
			

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+			Heat:1, starttime: 12:36
Heat: 1/9 Lane : 5 Athlete: SARGESJAN NALA			Q-time: 01:12:05
PB (50m pool): 01:12.05 Sportoase De Watermolen 24/05/2026			PB (25m pool): 01:11.72 SB: 01:12.05 Sportoase De Watermolen 24/05/2026
	5 0 M	1 0 0 M	
PB	00:32.87	01:12.05	
	00:32.87	00:39.18	
			

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+			Heat:2, starttime: 12:38
Heat: 2/9 Lane : 2 Athlete: LUTS EMILIA			Q-time: 01:11:12
PB (50m pool): 01:11.12 Ottignies Louvain-La-Neuve 07/06/2026			PB (25m pool): 01:10.59 SB: 01:11.12 Ottignies Louvain-La-Neuve 07/06/2026
	5 0 M	1 0 0 M	
PB	00:33.27	01:11.12	
	00:33.27	00:37.85	
			

Coach feedback:

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Event number: 42: 100M BUTTERFLY WOMEN 15+				Heat:6, starttime: 12:45			
Heat: 6/9 Lane : 1 Athlete: KONINGS YLVA				Q-time: 01:07:73			
PB (50m pool): 01:07.73 Antwerp 09/02/2025				PB (25m pool): 01:06.82 SB: no time			
	5 0 M	1 0 0 M					
PB	00:31.26	01:07.73					
	00:31.26	00:36.47					
							

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+				Heat:6, starttime: 12:45			
Heat: 6/9 Lane : 7 Athlete: EVENS NOOR				Q-time: 01:07:70			
PB (50m pool): 01:07.46 Antwerpen 28/07/2024				PB (25m pool): 01:06.47 SB: 01:09.43 Gent 08/02/2026			
	5 0 M	1 0 0 M					
PB	no time	01:07.46					
	no time						
							

Coach feedback:

Event number: 43: 800M FREESTYLE MEN 15-16						Heat:2, starttime: 13:02		
Heat: 2/2 Lane : 5 Athlete: VANGROOTLOON JEF						Q-time: 08:48:62		
PB (50m pool): 08:48.62 Ottignies Louvain-La-Neuve 07/06/2026						PB (25m pool): no time SB: 08:48.62 Ottignies Louvain-La-Neuve 07/06/2026		
	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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	08:48.62
								

Coach feedback: