

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

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

Coaches: LEPLA MARTINE

Coaches: PYPE MAAIKE

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:4, starttime: 08:40

Heat: 4/16 Lane : 2 Athlete: DE BRUYNE SILKE					Q-time: 02:41:88
PB (50m pool): 02:41.88 Brugge 01/02/2026					PB (25m pool): 02:45.90 SB: 02:41.88 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.15	01:18.38	02:06.65	02:41.88	
	00:37.15	00:41.23	00:48.27	00:35.23	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+ Heat:7, starttime: 08:49

Heat: 7/16 Lane : 7 Athlete: VANDERMARLIERE JUNA					Q-time: 02:39:46
PB (50m pool): 02:39.46 Antwerpen 20/07/2025					PB (25m pool): 02:38.15 SB: 02:47.46 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.95	01:18.46	02:03.73	02:39.46	
	00:34.95	00:43.51	00:45.27	00:35.73	
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+ Heat:2, starttime: 09:45

Heat: 2/12 Lane : 1 Athlete: VANDERMARLIERE JUNA					Q-time: 01:03:56
PB (50m pool): 01:03.56 Antwerpen 20/07/2025					PB (25m pool): 01:03.02 SB: 01:06.87 Brugge 01/02/2026
	5 0 M	1 0 0 M			
PB	no time	01:03.56			
	no time				
					

Coach feedback:

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Event number: 36: 100M FREESTYLE WOMEN 15+			Heat:6, starttime: 09:51
Heat: 6/12 Lane : 8 Athlete: CALLEWAERT JACKIE			Q-time: 01:02:11
PB (50m pool): 01:01.52 Antwerpen 28/07/2024			PB (25m pool): 01:00.07 SB: 01:02.62 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:01.52	
	no time		
			

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+			Heat:6, starttime: 10:13
Heat: 6/13 Lane : 2 Athlete: DEHAENE JULE			Q-time: 01:05:32
PB (50m pool): 01:05.32 Antwerpen 19/04/2026			PB (25m pool): 01:03.84 SB: 01:05.32 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:31.36	01:05.32	
	00:31.36	00:33.96	
			

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+			Heat:8, starttime: 10:17
Heat: 8/13 Lane : 7 Athlete: HOOGE MAURO			Q-time: 01:04:33
PB (50m pool): 01:04.33 Antwerpen 08/03/2026			PB (25m pool): 01:02.77 SB: 01:04.33 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:30.98	01:04.33	
	00:30.98	00:33.35	
			

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+			Heat:9, starttime: 10:19
Heat: 9/13 Lane : 3 Athlete: SEYS WOUT			Q-time: 01:03:61
PB (50m pool): 01:03.61 Antwerp 09/02/2025			PB (25m pool): 01:02.39 SB: 01:04.47 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:31.11	01:03.61	
	00:31.11	00:32.50	
			

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:4, starttime: 10:40
Heat: 4/11 Lane : 1 Athlete: DE BRUYNE SILKE					Q-time: 02:38:14
PB (50m pool): 02:38.14 Antwerpen 20/07/2025					PB (25m pool): 02:37.04 SB: 02:38.63 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.50	01:17.78	01:58.44	02:38.14	
	00:37.50	00:40.28	00:40.66	00:39.70	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:2, starttime: 11:12
Heat: 2/19 Lane : 6 Athlete: PAUWELS MILLAU					Q-time: 02:11:48
PB (50m pool): 02:11.48 Antwerpen 08/03/2026					PB (25m pool): 02:06.87 SB: 02:11.48 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.24	01:02.47	01:37.21	02:11.48	
	00:29.24	00:33.23	00:34.74	00:34.27	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:6, starttime: 11:22
Heat: 6/19 Lane : 4 Athlete: DEHAENE JULE					Q-time: 02:08:11
PB (50m pool): 02:08.11 Antwerpen 19/04/2026					PB (25m pool): 02:04.94 SB: 02:08.11 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.77	01:01.42	01:35.53	02:08.11	
	00:28.77	00:32.65	00:34.11	00:32.58	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:7, starttime: 11:25
Heat: 7/19 Lane : 4 Athlete: HOOGE MAURO					Q-time: 02:07:67
PB (50m pool): 02:07.67 Antwerpen 20/07/2025					PB (25m pool): 02:03.74 SB: 02:08.30 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.54	01:01.90	01:35.36	02:07.67	
	00:29.54	00:32.36	00:33.46	00:32.31	
					

Coach feedback:

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Event number: 39: 200M FREESTYLE MEN 15+					Heat:14, starttime: 11:43
Heat: 14/19 Lane : 3 Athlete: DUFLOUCQ SEPPE					Q-time: 02:03:09
PB (50m pool): 02:03.09 Antwerpen 27/07/2025 PB (25m pool): 01:59.93 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.32	00:58.96	01:31.08	02:03.09	
	00:27.32	00:31.64	00:32.12	00:32.01	
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:3, starttime: 12:15
Heat: 3/24 Lane : 6 Athlete: PAUWELS MILLAU					Q-time: 00:29:53
PB (50m pool): 00:29.53 Brugge 14/02/2026 PB (25m pool): 00:31.31 SB: 00:29.53 Brugge 14/02/2026					
	5 0 M				
PB	00:29.53				
	00:29.53				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:6, starttime: 12:18
Heat: 6/24 Lane : 7 Athlete: VANDERHAEGHE ANTWAN					Q-time: 00:28:63
PB (50m pool): 00:28.63 Brugge 14/02/2026 PB (25m pool): 00:29.18 SB: 00:28.63 Brugge 14/02/2026					
	5 0 M				
PB	00:28.63				
	00:28.63				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:7, starttime: 12:19
Heat: 7/24 Lane : 2 Athlete: VANDENBERGHE SIMON					Q-time: 00:28:46
PB (50m pool): 00:28.43 Antwerpen 28/07/2024 PB (25m pool): 00:28.51 SB: 00:28.46 Brugge 14/02/2026					
	5 0 M				
PB	00:28.43				
	00:28.43				
					

Coach feedback:

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Event number: 41: 50M BUTTERFLY MEN 15+							Heat:12, starttime: 12:23		
Heat: 12/24 Lane : 7 Athlete: SEYS WOUT							Q-time: 00:27:99		
PB (50m pool): 00:27.99 Brugge 14/02/2026							PB (25m pool): 00:28.88 SB: 00:27.99 Brugge 14/02/2026		
	5 0 M								
PB	00:27.99								
	00:27.99								
									

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+										Heat:16, starttime: 12:27																																																											
Heat: 16/24																				Lane : 5										Athlete: DUFLOUCQ SEPPE										Q-time: 00:27:41																													
PB (50m pool): 00:27.38																				Antwerpen 21/04/2024										PB (25m pool): 00:26.86																				SB: 00:28.06										Antwerpen 22/03/2026									
		5 0 M																																																																			
PB		00:27.38																																																																			
		00:27.38																																																																			
																																																																					

Coach feedback:

Event number: 44: 800M FREESTYLE WOMEN 15-16							Heat:1, starttime: 13:12	
Heat: 1/2 Lane : 3 Athlete: VANDERMARLIERE JUNA							Q-time: 09:55:62	
PB (50m pool): 09:55.62 Antwerpen 20/07/2025			PB (25m pool): 09:35.07 SB: no time					
	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	00:31.71	01:08.12	01:45.28	02:22.46	03:00.42	03:37.83	04:15.98	04:54.25
	00:31.71	00:36.41	00:37.16	00:37.18	00:37.96	00:37.41	00:38.15	00:38.27
								
	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	05:32.94	06:10.87	06:49.67	07:27.68	08:06.03	08:43.73	09:20.71	09:55.62
	00:38.69	00:37.93	00:38.80	00:38.01	00:38.35	00:37.70	00:36.98	00:34.91
								

Coach feedback:

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Event number: 44: 800M FREESTYLE WOMEN 15-16							Heat:1, starttime: 13:12	
Heat: 1/2 Lane : 6 Athlete: DE BRUYNE SILKE							Q-time: 10:06:76	
PB (50m pool): 10:06.76 Kortrijk 15/02/2026				PB (25m pool): 09:57.14 SB: 10:06.76 Kortrijk 15/02/2026				
	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	00:34.83	01:12.19	01:50.22	02:28.05	03:06.19	03:44.28	04:22.42	05:00.52
	00:34.83	00:37.36	00:38.03	00:37.83	00:38.14	00:38.09	00:38.14	00:38.10
								
	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	05:38.91	06:16.97	06:55.84	07:34.43	08:13.39	08:51.81	09:30.04	10:06.76
	00:38.39	00:38.06	00:38.87	00:38.59	00:38.96	00:38.42	00:38.23	00:36.72
								

Coach feedback: