

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

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

Coaches: Destoop Jens

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 : 6 Athlete: VAN HOUCKE IMKE					Q-time: 02:41:88
PB (50m pool): 02:41.88 Lago Kortrijk Weide 03/05/2026					PB (25m pool): 02:40.52 SB: 02:41.88 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.25	01:16.38	02:06.10	02:41.88	
	00:34.25	00:42.13	00:49.72	00:35.78	
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+			Heat:9, starttime: 09:56
Heat: 9/12 Lane : 8 Athlete: BHIJA NOOR			Q-time: 01:00:56
PB (50m pool): 01:00.56 Antwerpen 17/05/2026			PB (25m pool): 01:00.53 SB: 01:00.56 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:29.56	01:00.56	
	00:29.56	00:31.00	
			

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+				Heat:3, starttime: 10:37
Heat: 3/11 Lane : 3 Athlete: VAN HOUCKE IMKE				Q-time: 02:38:92
PB (50m pool): 02:38.92 Antwerpen 20/07/2025				PB (25m pool): 02:36.03 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:37.74	01:18.31	01:59.07	02:38.92
	00:37.74	00:40.57	00:40.76	00:39.85
				

Coach feedback:

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Event number: 42: 100M BUTTERFLY WOMEN 15+		Heat:5, starttime: 12:43	
Heat: 5/9 Lane : 5 Athlete: BHIJA NOOR			Q-time: 01:07:81
PB (50m pool): 01:07.81 Lago Kortrijk Weide 03/05/2026 PB (25m pool): 01:07.13 SB: 01:07.81 Lago Kortrijk Weide 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:31.20	01:07.81	
	00:31.20	00:36.61	
			

Coach feedback: