

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

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

Coaches: Guldentops Kevin

Coaches: Michiels Hans HEADCOACH

Coaches: Decaesstecker Elise

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:6, starttime: 08:46
Heat: 6/16 Lane : 4 Athlete: WAELPUT ELODIE					Q-time: 02:39:65
PB (50m pool): 02:39.65 Antwerpen 27/07/2025					PB (25m pool): 02:34.79 SB: 02:42.70 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.42	01:14.54	02:01.82	02:39.65	
	00:33.42	00:41.12	00:47.28	00:37.83	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:10, starttime: 08:59
Heat: 10/16 Lane : 1 Athlete: STESENS EMMA-LOUISE					Q-time: 02:37:41
PB (50m pool): 02:37.41 Antwerpen 08/03/2026					PB (25m pool): 02:31.70 SB: 02:37.41 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.17	01:14.38	02:02.34	02:37.41	
	00:34.17	00:40.21	00:47.96	00:35.07	
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE MEN 15+					Heat:7, starttime: 09:40
Heat: 7/7 Lane : 7 Athlete: SCIACCA LEANDRO					Q-time: 02:31:25
PB (50m pool): 02:31.25 Antwerpen 19/04/2026					PB (25m pool): 02:28.07 SB: 02:31.25 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.89	01:15.00	01:53.43	02:31.25	
	00:34.89	00:40.11	00:38.43	00:37.82	
					

Coach feedback:

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Event number: 36: 100M FREESTYLE WOMEN 15+			Heat:4, starttime: 09:48
Heat: 4/12 Lane : 5 Athlete: VAN BUNDER AMY			Q-time: 01:02:75
PB (50m pool): 01:02.75 Antwerpen 19/04/2026			PB (25m pool): 01:00.13 SB: 01:02.75 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:30.27	01:02.75	
	00:30.27	00:32.48	
			

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+			Heat:7, starttime: 09:53
Heat: 7/12 Lane : 7 Athlete: GAUDAEN MAUD			Q-time: 01:01:48
PB (50m pool): 01:01.57 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:00.51 SB: 01:01.57 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:29.60	01:01.57	
	00:29.60	00:31.97	
			

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+			Heat:9, starttime: 09:56
Heat: 9/12 Lane : 6 Athlete: LAGEY LISELOTTE			Q-time: 01:00:21
PB (50m pool): 01:00.45 Antwerpen 17/05/2026			PB (25m pool): no time SB: 01:00.45 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:28.77	01:00.45	
	00:28.77	00:31.68	
			

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+			Heat:3, starttime: 10:07
Heat: 3/13 Lane : 1 Athlete: SCHRAUWEN BJARNE			Q-time: 01:07:56
PB (50m pool): 01:07.56 Antwerpen 08/03/2026			PB (25m pool): 00:38.80 SB: 01:07.56 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.78	01:07.56	
	00:31.78	00:35.78	
			

Coach feedback:

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Event number: 37: 100M BACKSTROKE MEN 15+				Heat:3, starttime: 10:07	
Heat: 3/13 Lane : 3 Athlete: DE JONG STAN				Q-time: 01:07:04	
PB (50m pool): 01:07.04 Antwerpen 15/03/2026				PB (25m pool): 01:05.02 SB: 01:07.04 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:32.53	01:07.04			
	00:32.53	00:34.51			
					

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+				Heat:9, starttime: 10:19	
Heat: 9/13 Lane : 5 Athlete: WAELPUT THOMAS				Q-time: 01:03:49	
PB (50m pool): 01:03.49 Wezenberg 03/01/2026				PB (25m pool): 00:59.67 SB: 01:03.49 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	00:30.80	01:03.49			
	00:30.80	00:32.69			
					

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+				Heat:13, starttime: 10:27	
Heat: 13/13 Lane : 2 Athlete: MICHIELS SIBE				Q-time: 01:01:53	
PB (50m pool): 01:01.53 Antwerpen 08/03/2026				PB (25m pool): 01:00.30 SB: 01:01.53 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:30.01	01:01.53			
	00:30.01	00:31.52			
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+				Heat:5, starttime: 10:44	
Heat: 5/11 Lane : 3 Athlete: SCHELFAUT NELL				Q-time: 02:36:26	
PB (50m pool): 02:36.26 Antwerpen 27/07/2025				PB (25m pool): 02:31.98 SB: 02:41.51 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.44	01:15.79	01:56.31	02:36.26	
	00:36.44	00:39.35	00:40.52	00:39.95	
					

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:8, starttime: 10:55
Heat: 8/11 Lane : 6 Athlete: VERLUYTEN LENI					Q-time: 02:31:72
PB (50m pool): 02:31.72 Antwerpen 27/07/2025					PB (25m pool): 02:23.82 SB: 02:33.09 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.75	01:12.70	01:52.30	02:31.72	
	00:34.75	00:37.95	00:39.60	00:39.42	
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:10, starttime: 11:02
Heat: 10/11 Lane : 1 Athlete: STESENS EMMA-LOUISE					Q-time: 02:30:15
PB (50m pool): 02:30.15 Antwerpen 19/04/2026					PB (25m pool): 02:27.63 SB: 02:30.15 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.44	01:14.07	01:53.82	02:30.15	
	00:35.44	00:38.63	00:39.75	00:36.33	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:4, starttime: 11:17
Heat: 4/19 Lane : 1 Athlete: SCHRAUWEN BJARNE					Q-time: 02:09:82
PB (50m pool): 02:09.82 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:06.24 SB: 02:09.82 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.42	01:02.48	01:36.23	02:09.82	
	00:29.42	00:33.06	00:33.75	00:33.59	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:9, starttime: 11:30
Heat: 9/19 Lane : 8 Athlete: DE JONG STAN					Q-time: 02:06:96
PB (50m pool): 02:06.96 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:04.09 SB: 02:06.96 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.60	01:02.02	01:35.00	02:06.96	
	00:29.60	00:32.42	00:32.98	00:31.96	
					

Coach feedback:

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Event number: 39: 200M FREESTYLE MEN 15+					Heat:16, starttime: 11:48
Heat: 16/19 Lane : 3 Athlete: MICHIELS SIBE					Q-time: 02:00:65
PB (50m pool): 02:00.65 Antwerpen 08/03/2026			PB (25m pool): 01:58.86 SB: 02:00.65 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.88	00:58.71	01:29.66	02:00.65	
	00:27.88	00:30.83	00:30.95	00:30.99	
					

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+					Heat:6, starttime: 12:04
Heat: 6/12 Lane : 7 Athlete: STESENS EMMA-LOUISE					Q-time: 00:37:01
PB (50m pool): 00:37.01 Wezenberg 03/01/2026			PB (25m pool): 00:36.16 SB: 00:37.01 Wezenberg 03/01/2026		
	5 0 M				
PB	00:37.01				
	00:37.01				
					

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+					Heat:11, starttime: 12:10
Heat: 11/12 Lane : 4 Athlete: LAGEY LISELOTTE					Q-time: 00:32:35
PB (50m pool): 00:32.88 Antwerpen 17/05/2026			PB (25m pool): no time SB: 00:32.88 Antwerpen 17/05/2026		
	5 0 M				
PB	00:32.88				
	00:32.88				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:3, starttime: 12:15
Heat: 3/24 Lane : 2 Athlete: SCHRAUWEN BJARNE					Q-time: 00:29:55
PB (50m pool): 00:29.55 Antwerpen 08/03/2026			PB (25m pool): 00:28.98 SB: 00:29.55 Antwerpen 08/03/2026		
	5 0 M				
PB	00:29.55				
	00:29.55				
					

Coach feedback:

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Event number: 41: 50M BUTTERFLY MEN 15+				Heat:5, starttime: 12:17	
Heat: 5/24 Lane : 6 Athlete: SCIACCA LEANDRO				Q-time: 00:28:82	
PB (50m pool): 00:29.90 Antwerpen 08/03/2026				PB (25m pool): 00:28.94 SB: 00:29.90 Antwerpen 08/03/2026	
	5 0 M				
PB	00:29.90				
	00:29.90				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+				Heat:7, starttime: 12:19	
Heat: 7/24 Lane : 8 Athlete: WAELPUT THOMAS				Q-time: 00:28:52	
PB (50m pool): 00:28.52 Antwerpen 27/07/2025				PB (25m pool): 00:26.76 SB: no time	
	5 0 M				
PB	00:28.52				
	00:28.52				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+				Heat:14, starttime: 12:25	
Heat: 14/24 Lane : 6 Athlete: MICHIELS SIBE				Q-time: 00:27:79	
PB (50m pool): 00:27.98 Sportoase De Watermolen 29/03/2026				PB (25m pool): 00:27.59 SB: 00:27.98 Sportoase De Watermolen 29/03/2026	
	5 0 M				
PB	00:27.98				
	00:27.98				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+				Heat:17, starttime: 12:28	
Heat: 17/24 Lane : 7 Athlete: BOODTS GERBEN				Q-time: 00:27:34	
PB (50m pool): 00:27.34 Antwerpen 20/04/2025				PB (25m pool): 00:27.34 SB: 00:27.50 Antwerpen 22/03/2026	
	5 0 M				
PB	00:27.34				
	00:27.34				
					

Coach feedback:

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Event number: 42: 100M BUTTERFLY WOMEN 15+			Heat:4, starttime: 12:41
Heat: 4/9 Lane : 3 Athlete: MURAT IREM			Q-time: 01:08:70
PB (50m pool): 01:08.70 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:07.30 SB: 01:08.70 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:31.79	01:08.70	
	00:31.79	00:36.91	
			

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+			Heat:4, starttime: 12:41
Heat: 4/9 Lane : 5 Athlete: GAUDAEN MAUD			Q-time: 01:08:69
PB (50m pool): 01:09.99 Antwerpen 08/03/2026 PB (25m pool): 01:08.75 SB: 01:09.99 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:32.80	01:09.99	
	00:32.80	00:37.19	
			

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+			Heat:6, starttime: 12:45
Heat: 6/9 Lane : 8 Athlete: VAN BUNDER AMY			Q-time: 01:07:79
PB (50m pool): 01:07.79 Antwerpen 17/05/2026 PB (25m pool): 01:06.88 SB: 01:07.79 Antwerpen 17/05/2026			
	5 0 M	1 0 0 M	
PB	00:31.01	01:07.79	
	00:31.01	00:36.78	
			

Coach feedback: