

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

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

Coaches: Fobelets Jos

Coaches: Mertens Wenke

Coaches: Verstappen Emma

PB => Personal Best time

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

| Event number: 36: 100M FREESTYLE WOMEN 15+   |           |           | Heat:1, starttime: 09:43                                  |
|----------------------------------------------|-----------|-----------|-----------------------------------------------------------|
| Heat: 1/12 Lane : 8 Athlete: LEMMENS FEBE    |           |           | Q-time: 01:04:42                                          |
| PB (50m pool): 01:04.42 Antwerpen 15/03/2026 |           |           | PB (25m pool): 01:02.35 SB: 01:04.42 Antwerpen 15/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   |                                                           |
| PB                                           | 00:30.95  | 01:04.42  |                                                           |
|                                              | 00:30.95  | 00:33.47  |                                                           |
|                                              | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 36: 100M FREESTYLE WOMEN 15+          |           |           | Heat:3, starttime: 09:46                                         |
|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 3/12 Lane : 5 Athlete: VINGERHOETS MADELIEF   |           |           | Q-time: 01:03:02                                                 |
| PB (50m pool): 01:04.21 SportinGenk Park 24/05/2026 |           |           | PB (25m pool): 01:01.92 SB: 01:04.21 SportinGenk Park 24/05/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:31.23  | 01:04.21  |                                                                  |
|                                                     | 00:31.23  | 00:32.98  |                                                                  |
|                                                     | . . . . . | . . . . . |                                                                  |

Coach feedback:

| Event number: 37: 100M BACKSTROKE MEN 15+           |           |           | Heat:9, starttime: 10:19                                         |
|-----------------------------------------------------|-----------|-----------|------------------------------------------------------------------|
| Heat: 9/13 Lane : 1 Athlete: SLUYTS TIBE            |           |           | Q-time: 01:03:77                                                 |
| PB (50m pool): 01:03.77 SportinGenk Park 24/05/2026 |           |           | PB (25m pool): 01:01.98 SB: 01:03.77 SportinGenk Park 24/05/2026 |
|                                                     | 5 0 M     | 1 0 0 M   |                                                                  |
| PB                                                  | 00:30.57  | 01:03.77  |                                                                  |
|                                                     | 00:30.57  | 00:33.20  |                                                                  |
|                                                     | . . . . . | . . . . . |                                                                  |

Coach feedback:

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| Event number: 38: 200M BACKSTROKE WOMEN 15+                                                                                    |          |          |          |          | Heat:1, starttime: 10:29 |
|--------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 1/11 Lane : 5 Athlete: VAN AERSCHOT NEL                                                                                  |          |          |          |          | Q-time: 02:42:17         |
| PB (50m pool): 02:42.17 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:35.52 SB: 02:42.17 Lago Gent Rozebroeken 03/05/2026 |          |          |          |          |                          |
|                                                                                                                                | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                                                                             | 00:37.58 | 01:19.41 | 02:01.49 | 02:42.17 |                          |
|                                                                                                                                | 00:37.58 | 00:41.83 | 00:42.08 | 00:40.68 |                          |
|                                                                                                                                | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 39: 200M FREESTYLE MEN 15+                                                                                       |          |          |          |          | Heat:4, starttime: 11:17 |
|--------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 4/19 Lane : 8 Athlete: SLUYTS TIBE                                                                                       |          |          |          |          | Q-time: 02:09:90         |
| PB (50m pool): 02:09.90 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:09.61 SB: 02:09.90 Lago Gent Rozebroeken 03/05/2026 |          |          |          |          |                          |
|                                                                                                                                | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                          |
| PB                                                                                                                             | 00:29.44 | 01:02.98 | 01:36.50 | 02:09.90 |                          |
|                                                                                                                                | 00:29.44 | 00:33.54 | 00:33.52 | 00:33.40 |                          |
|                                                                                                                                | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 39: 200M FREESTYLE MEN 15+                                                                                       |          |          |          |          | Heat:17, starttime: 11:51 |
|--------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|---------------------------|
| Heat: 17/19 Lane : 1 Athlete: VAN WAELDEREN THOMAS                                                                             |          |          |          |          | Q-time: 01:59:63          |
| PB (50m pool): 01:59.63 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:57.69 SB: 01:59.63 Lago Gent Rozebroeken 03/05/2026 |          |          |          |          |                           |
|                                                                                                                                | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                           |
| PB                                                                                                                             | 00:27.55 | 00:58.29 | 01:29.11 | 01:59.63 |                           |
|                                                                                                                                | 00:27.55 | 00:30.74 | 00:30.82 | 00:30.52 |                           |
|                                                                                                                                | .....    | .....    | .....    | .....    |                           |

Coach feedback:

| Event number: 40: 50M BREASTSTROKE WOMEN 15+                                                           |          |  |  |  | Heat:2, starttime: 12:00 |
|--------------------------------------------------------------------------------------------------------|----------|--|--|--|--------------------------|
| Heat: 2/12 Lane : 1 Athlete: VAN ROOSBROECK YUNA                                                       |          |  |  |  | Q-time: 00:38:11         |
| PB (50m pool): 00:38.11 Antwerpen 15/03/2026 PB (25m pool): 00:38.62 SB: 00:38.11 Antwerpen 15/03/2026 |          |  |  |  |                          |
|                                                                                                        | 5 0 M    |  |  |  |                          |
| PB                                                                                                     | 00:38.11 |  |  |  |                          |
|                                                                                                        | 00:38.11 |  |  |  |                          |
|                                                                                                        | .....    |  |  |  |                          |

Coach feedback:

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|                                              |           |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                                     |  |  |  |  |                       |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
|----------------------------------------------|-----------|--|--|--|--|--|--|--|--|--------------------------|--|--|--|--|------------|--|--|--|--|-------------------------------------|--|--|--|--|-----------------------|--|--|--|--|-----------|--|--|--|--|------------------|--|--|--|--|
| Event number: 40: 50M BREASTSTROKE WOMEN 15+ |           |  |  |  |  |  |  |  |  | Heat:2, starttime: 12:00 |  |  |  |  |            |  |  |  |  |                                     |  |  |  |  |                       |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
| Heat: 2/12                                   |           |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  | Lane : 7                            |  |  |  |  | Athlete: LEMMENS FEBE |  |  |  |  |           |  |  |  |  | Q-time: 00:38:03 |  |  |  |  |
| PB (50m pool): 00:38.03                      |           |  |  |  |  |  |  |  |  | Antwerpen                |  |  |  |  | 15/03/2026 |  |  |  |  | PB (25m pool): 00:36.44SB: 00:38.03 |  |  |  |  |                       |  |  |  |  | Antwerpen |  |  |  |  | 15/03/2026       |  |  |  |  |
|                                              | 5 0 M     |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                                     |  |  |  |  |                       |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
| PB                                           | 00:38.03  |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                                     |  |  |  |  |                       |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
|                                              | 00:38.03  |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                                     |  |  |  |  |                       |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
|                                              | . . . . . |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                                     |  |  |  |  |                       |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |

Coach feedback:

|                                              |           |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                        |  |  |  |  |                               |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
|----------------------------------------------|-----------|--|--|--|--|--|--|--|--|--------------------------|--|--|--|--|------------|--|--|--|--|------------------------|--|--|--|--|-------------------------------|--|--|--|--|-----------|--|--|--|--|------------------|--|--|--|--|
| Event number: 40: 50M BREASTSTROKE WOMEN 15+ |           |  |  |  |  |  |  |  |  | Heat:5, starttime: 12:03 |  |  |  |  |            |  |  |  |  |                        |  |  |  |  |                               |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
| Heat: 5/12                                   |           |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  | Lane : 5               |  |  |  |  | Athlete: VINGERHOETS MADELIEF |  |  |  |  |           |  |  |  |  | Q-time: 00:37:08 |  |  |  |  |
| PB (50m pool): 00:37.14                      |           |  |  |  |  |  |  |  |  | Antwerpen                |  |  |  |  | 17/05/2026 |  |  |  |  | PB (25m pool): no time |  |  |  |  | SB: 00:37.14                  |  |  |  |  | Antwerpen |  |  |  |  | 17/05/2026       |  |  |  |  |
|                                              | 5 0 M     |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                        |  |  |  |  |                               |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
| PB                                           | 00:37.14  |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                        |  |  |  |  |                               |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
|                                              | 00:37.14  |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                        |  |  |  |  |                               |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |
|                                              | . . . . . |  |  |  |  |  |  |  |  |                          |  |  |  |  |            |  |  |  |  |                        |  |  |  |  |                               |  |  |  |  |           |  |  |  |  |                  |  |  |  |  |

Coach feedback:

|                                                           |           |  |  |  |  |  |  |  |  |                                                                       |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|-----------------------------------------------------------|-----------|--|--|--|--|--|--|--|--|-----------------------------------------------------------------------|--|--|--|--|--|--|--|--|--|------------------|--|--|--|--|--|--|--|--|--|
| Event number: 41: 50M BUTTERFLY MEN 15+                   |           |  |  |  |  |  |  |  |  | Heat:1, starttime: 12:13                                              |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| Heat: 1/24    Lane : 4    Athlete: SLUYTS TIBE            |           |  |  |  |  |  |  |  |  |                                                                       |  |  |  |  |  |  |  |  |  | Q-time: 00:29:86 |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 00:29.86    SportinGenk Park    06/04/2026 |           |  |  |  |  |  |  |  |  | PB (25m pool): 00:28.96SB: 00:29.86    SportinGenk Park    06/04/2026 |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                           | 5 0 M     |  |  |  |  |  |  |  |  |                                                                       |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
| PB                                                        | 00:29.86  |  |  |  |  |  |  |  |  |                                                                       |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                           | 00:29.86  |  |  |  |  |  |  |  |  |                                                                       |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |
|                                                           | . . . . . |  |  |  |  |  |  |  |  |                                                                       |  |  |  |  |  |  |  |  |  |                  |  |  |  |  |  |  |  |  |  |

Coach feedback:

|                                         |           |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |           |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|-----------------------------------------|-----------|--|--|--|--|--|--|--|--|---------------------------|--|--|--|--|--|--|--|--|--|-------------------------------|--|--|--|--|--|--|--|--|--|-------------------------|--|--|--|--|--|--|--|--|--|--------------|--|--|--|--|--|--|--|--|--|-----------|--|--|--|--|--|--|--|--|--|------------|--|--|--|--|--|--|--|--|--|
| Event number: 41: 50M BUTTERFLY MEN 15+ |           |  |  |  |  |  |  |  |  | Heat:23, starttime: 12:34 |  |  |  |  |  |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |           |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| Heat: 23/24                             |           |  |  |  |  |  |  |  |  | Lane : 7                  |  |  |  |  |  |  |  |  |  | Athlete: VAN WAELDEREN THOMAS |  |  |  |  |  |  |  |  |  | Q-time: 00:25:89        |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |           |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| PB (50m pool): 00:25.89                 |           |  |  |  |  |  |  |  |  | Antwerpen                 |  |  |  |  |  |  |  |  |  | 22/03/2026                    |  |  |  |  |  |  |  |  |  | PB (25m pool): 00:25.32 |  |  |  |  |  |  |  |  |  | SB: 00:25.89 |  |  |  |  |  |  |  |  |  | Antwerpen |  |  |  |  |  |  |  |  |  | 22/03/2026 |  |  |  |  |  |  |  |  |  |
|                                         | 5 0 M     |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |           |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
| PB                                      | 00:25.89  |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |           |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                         | 00:25.89  |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |           |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |
|                                         | . . . . . |  |  |  |  |  |  |  |  |                           |  |  |  |  |  |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |                         |  |  |  |  |  |  |  |  |  |              |  |  |  |  |  |  |  |  |  |           |  |  |  |  |  |  |  |  |  |            |  |  |  |  |  |  |  |  |  |

Coach feedback: