

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

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

Coaches: Okens Jari

Coaches: Van Den Broeck Dennis

PB => Personal Best time

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

Event number: 35: 200M BREASTSTROKE MEN 15+					Heat:2, starttime: 09:24
Heat: 2/7 Lane : 6 Athlete: BAKX WARRE					Q-time: 02:41:78
PB (50m pool): 02:40.36 Antwerpen 21/07/2024					PB (25m pool): 02:36.94 SB: 02:42.34 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:40.36	
	no time				
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+					Heat:3, starttime: 09:46
Heat: 3/12 Lane : 8 Athlete: GEENS AMÉLIE					Q-time: 01:03:34
PB (50m pool): 01:03.34 Aalst 11/05/2025					PB (25m pool): 01:01.06 SB: 01:03.60 Gent 08/02/2026
	5 0 M	1 0 0 M			
PB	00:30.81	01:03.34			
	00:30.81	00:32.53			
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+					Heat:12, starttime: 10:00
Heat: 12/12 Lane : 2 Athlete: DALEMANS LYN					Q-time: 00:59:03
PB (50m pool): 00:59.03 Antwerpen 27/07/2025					PB (25m pool): 00:58.38 SB: 00:59.40 Antwerpen 17/05/2026
	5 0 M	1 0 0 M			
PB	00:28.57	00:59.03			
	00:28.57	00:30.46			
					

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:9, starttime: 10:58
Heat: 9/11 Lane : 6 Athlete: DALEMANS LYN					Q-time: 02:25:96
PB (50m pool): 02:25.96 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:22.07 SB: 02:26.10 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.47	01:11.24	01:49.35	02:25.96	
	00:34.47	00:36.77	00:38.11	00:36.61	
					

Coach feedback:

Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:10, starttime: 11:02
Heat: 10/11 Lane : 8 Athlete: GEENS AMÉLIE					Q-time: 02:30:82
PB (50m pool): 02:30.58 ANTWERPEN 23/07/2023 PB (25m pool): 02:26.55 SB: 02:31.08 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:30.58	
	no time				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:8, starttime: 12:20
Heat: 8/24 Lane : 2 Athlete: BAKX WARRE					Q-time: 00:28:37
PB (50m pool): 00:28.37 Antwerpen 27/07/2025 PB (25m pool): 00:27.80 SB: 00:28.68 Wezenberg 03/01/2026					
	5 0 M				
PB	00:28.37				
	00:28.37				
					

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+					Heat:6, starttime: 12:45
Heat: 6/9 Lane : 2 Athlete: DALEMANS LYN					Q-time: 01:07:59
PB (50m pool): 01:07.59 Antwerpen 22/03/2026 PB (25m pool): 01:07.03 SB: 01:07.59 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M			
PB	00:30.67	01:07.59			
	00:30.67	00:36.92			
					

Coach feedback: