

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

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

Coaches: Wauters Tine HEADCOACH

Coaches: Akkers Mieke

Coaches: Callebaut Joris

Coaches: Van Opstal Wendy

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 : 7 Athlete: DECALUWé HELENA					Q-time: 02:41:95
PB (50m pool): 02:41.95 Antwerpen 20/07/2025					PB (25m pool): 02:36.91 SB: 02:43.62 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.42	01:16.37	02:04.22	02:41.95	
	00:34.42	00:41.95	00:47.85	00:37.73	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:4, starttime: 08:40
Heat: 4/16 Lane : 8 Athlete: UYTTERHOEVEN FLO					Q-time: 02:42:07
PB (50m pool): 02:42.07 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:38.54 SB: 02:42.84 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.68	01:19.24	02:05.24	02:42.07	
	00:35.68	00:43.56	00:46.00	00:36.83	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:5, starttime: 08:43
Heat: 5/16 Lane : 6 Athlete: VELDHUIS VICTORIA					Q-time: 02:40:97
PB (50m pool): 02:40.92 Antwerpen 28/07/2024					PB (25m pool): 02:33.34 SB: 02:44.79 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:40.92	
	no time				
					

Coach feedback:

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Event number: 34: 200M MEDLEY WOMEN 15+					Heat:7, starttime: 08:49
Heat: 7/16 Lane : 4 Athlete: BOHMER JANNE					Q-time: 02:39:23
PB (50m pool): 02:39.23 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:35.63 SB: 02:39.23 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.60	01:15.76	02:04.09	02:39.23	
	00:34.60	00:41.16	00:48.33	00:35.14	
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:13, starttime: 09:08
Heat: 13/16 Lane : 7 Athlete: VERELST LAURA					Q-time: 02:32:61
PB (50m pool): 02:32.61 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 02:32.53 SB: 02:32.61 Zwembad Brigitte Becue 26/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.21	01:13.74	01:58.09	02:32.61	
	00:33.21	00:40.53	00:44.35	00:34.52	
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+					Heat:4, starttime: 09:48
Heat: 4/12 Lane : 2 Athlete: THIJS MAAIKE					Q-time: 01:02:83
PB (50m pool): 01:02.83 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:01.69 SB: 01:02.83 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:30.01	01:02.83			
	00:30.01	00:32.82			
					

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+					Heat:5, starttime: 10:11
Heat: 5/13 Lane : 2 Athlete: DECALUWé GEORGES					Q-time: 01:05:77
PB (50m pool): 01:05.77 Antwerpen 27/07/2025 PB (25m pool): 01:02.54 SB: 01:06.48 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M			
PB	00:31.44	01:05.77			
	00:31.44	00:34.33			
					

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:7, starttime: 10:51
Heat: 7/11 Lane : 1 Athlete: BOHMER JANNE					Q-time: 02:35:09
PB (50m pool): 02:35.09 Antwerpen 08/03/2026 PB (25m pool): 02:30.70 SB: 02:35.09 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.06	01:16.41	01:56.99	02:35.09	
	00:37.06	00:39.35	00:40.58	00:38.10	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:7, starttime: 11:25
Heat: 7/19 Lane : 3 Athlete: VAN GRUNDERBEECK BAS					Q-time: 02:07:79
PB (50m pool): 02:07.79 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:02.83 SB: 02:07.79 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.21	01:02.06	01:35.73	02:07.79	
	00:29.21	00:32.85	00:33.67	00:32.06	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:7, starttime: 11:25
Heat: 7/19 Lane : 6 Athlete: GEENS DRé					Q-time: 02:07:80
PB (50m pool): 02:07.80 Antwerpen 27/07/2025 PB (25m pool): 02:03.16 SB: 02:08.48 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.55	01:01.26	01:34.68	02:07.80	
	00:28.55	00:32.71	00:33.42	00:33.12	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:8, starttime: 11:28
Heat: 8/19 Lane : 7 Athlete: DECALUWé GEORGES					Q-time: 02:07:54
PB (50m pool): 02:07.54 Antwerpen 27/07/2025 PB (25m pool): 02:05.70 SB: 02:07.68 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.26	01:01.06	01:34.47	02:07.54	
	00:29.26	00:31.80	00:33.41	00:33.07	
					

Coach feedback:

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Event number: 40: 50M BREASTSTROKE WOMEN 15+										Heat:2, starttime: 12:00	
Heat: 2/12 Lane : 3 Athlete: DECALUWé HELENA										Q-time: 00:37:81	
PB (50m pool): 00:37.81 Antwerpen 15/03/2026										PB (25m pool): 00:36.81 SB: 00:37.81 Antwerpen 15/03/2026	
	5 0 M										
PB	00:37.81										
	00:37.81										
											

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+										Heat:2, starttime: 12:00																				
Heat: 2/12 Lane : 4 Athlete: VELDHUIS VICTORIA																				Q-time: 00:37:76										
PB (50m pool): 00:37.76 Molenbeek 01/02/2026										PB (25m pool): 00:35.92SB: 00:37.76 Molenbeek 01/02/2026																				
	5 0 M																													
PB	00:37.76																													
	00:37.76																													
																														

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+										Heat:7, starttime: 12:06																				
Heat: 7/12 Lane : 2 Athlete: UYTTERHOEVEN FLO																				Q-time: 00:36:66										
PB (50m pool): 00:36.66 Antwerpen 22/03/2026										PB (25m pool): 00:35.86 SB: 00:36.66 Antwerpen 22/03/2026																				
	5 0 M																													
PB	00:36.66																													
	00:36.66																													
																														

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+										Heat:8, starttime: 12:07																													
Heat: 8/12 Lane : 7 Athlete: VERELST LAURA																				Q-time: 00:36:13																			
PB (50m pool): 00:36.13 Zwembad Brigitte Becue 26/04/2026																				PB (25m pool): 00:35.75 SB: 00:36.13 Zwembad Brigitte Becue 26/04/2026																			
	5 0 M																																						
PB	00:36.13																																						
	00:36.13																																						
																																							

Coach feedback:

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

Event number: 40: 50M BREASTSTROKE WOMEN 15+			Heat:11, starttime: 12:10		
Heat: 11/12 Lane : 3 Athlete: CAES OONE			Q-time: 00:33:56		
PB (50m pool): 00:33.56 Antwerpen 22/03/2026			PB (25m pool): 00:32.58 SB: 00:33.56 Antwerpen 22/03/2026		
	5 0 M				
PB	00:33.56				
	00:33.56				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+			Heat:9, starttime: 12:21		
Heat: 9/24 Lane : 3 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:28:25		
PB (50m pool): 00:28.25 Gent 08/02/2026			PB (25m pool): 00:27.66 SB: 00:28.25 Gent 08/02/2026		
	5 0 M				
PB	00:28.25				
	00:28.25				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+			Heat:13, starttime: 12:24		
Heat: 13/24 Lane : 3 Athlete: PELGRIMS LOWIE			Q-time: 00:27:88		
PB (50m pool): 00:27.88 Antwerpen 22/03/2026			PB (25m pool): 00:27.77 SB: 00:27.88 Antwerpen 22/03/2026		
	5 0 M				
PB	00:27.88				
	00:27.88				
					

Coach feedback:

Event number: 42: 100M BUTTERFLY WOMEN 15+			Heat:4, starttime: 12:41		
Heat: 4/9 Lane : 4 Athlete: THIJS MAAIKE			Q-time: 01:08:49		
PB (50m pool): 01:08.49 Antwerpen 08/03/2026			PB (25m pool): 01:07.74 SB: 01:08.49 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M			
PB	00:32.30	01:08.49			
	00:32.30	00:36.19			
					

Coach feedback: