

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

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

Coaches: Segers Ellen HEADCOACH

PB => Personal Best time

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

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:8, starttime: 08:53
Heat: 8/16 Lane : 8 Athlete: LANDRIEU NORA					Q-time: 02:39:08
PB (50m pool): 02:39.08 Molenbeek 01/02/2026					PB (25m pool): 02:34.22 SB: 02:39.08 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:39.08	
	no time				
					

Coach feedback:

Event number: 34: 200M MEDLEY WOMEN 15+					Heat:10, starttime: 08:59
Heat: 10/16 Lane : 3 Athlete: DONIN MANON					Q-time: 02:36:80
PB (50m pool): 02:36.80 Seraing 23/03/2025					PB (25m pool): 02:30.62 SB: 02:40.61 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.78	01:16.61	02:00.12	02:36.80	
	00:33.78	00:42.83	00:43.51	00:36.68	
					

Coach feedback:

Event number: 35: 200M BREASTSTROKE MEN 15+					Heat:1, starttime: 09:21
Heat: 1/7 Lane : 5 Athlete: DE PEYPER MATS					Q-time: 02:46:35
PB (50m pool): 02:46.35 Olympic Pool Wezenberg, Antwer 29/03/2025					PB (25m pool): 02:38.37 SB: 02:46.35 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.20	01:20.75	02:03.37	02:46.35	
	00:37.20	00:43.55	00:42.62	00:42.98	
					

Coach feedback:

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Event number: 35: 200M BREASTSTROKE MEN 15+					Heat:3, starttime: 09:27
Heat: 3/7 Lane : 3 Athlete: PERSOONS EMIEL					Q-time: 02:38:35
PB (50m pool): 02:38.35 Antwerpen 17/05/2026					PB (25m pool): 02:31.06 SB: 02:38.35 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.22	01:15.09	01:56.80	02:38.35	
	00:35.22	00:39.87	00:41.71	00:41.55	
					

Coach feedback:

Event number: 36: 100M FREESTYLE WOMEN 15+					Heat:9, starttime: 09:56
Heat: 9/12 Lane : 2 Athlete: DE BACKER BIRGIT					Q-time: 01:00:41
PB (50m pool): 01:00.41 Olympic Pool Wezenberg, Antwer 30/03/2026					PB (25m pool): 00:59.43 SB: 01:01.64 Aalst 26/04/2026
	5 0 M	1 0 0 M			
PB	00:28.99	01:00.41			
	00:28.99	00:31.42			
					

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+					Heat:9, starttime: 10:19
Heat: 9/13 Lane : 4 Athlete: VERROKEN GERBEN					Q-time: 01:03:44
PB (50m pool): 01:03.44 Antwerpen 27/07/2025					PB (25m pool): 01:01.19 SB: 01:04.58 Antwerpen 17/05/2026
	5 0 M	1 0 0 M			
PB	00:31.14	01:03.44			
	00:31.14	00:32.30			
					

Coach feedback:

Event number: 37: 100M BACKSTROKE MEN 15+					Heat:11, starttime: 10:23
Heat: 11/13 Lane : 8 Athlete: VOLCKAERT MATTHIAS					Q-time: 01:02:50
PB (50m pool): 01:02.50 Antwerpen 22/03/2026					PB (25m pool): 01:00.97 SB: 01:02.50 Antwerpen 22/03/2026
	5 0 M	1 0 0 M			
PB	00:30.49	01:02.50			
	00:30.49	00:32.01			
					

Coach feedback:

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Event number: 38: 200M BACKSTROKE WOMEN 15+					Heat:3, starttime: 10:37
Heat: 3/11 Lane : 2 Athlete: LANDRIEU NORA					Q-time: 02:39:09
PB (50m pool): 02:43.01 Molenbeek 01/02/2026					PB (25m pool): 02:33.91 SB: 02:43.01 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:19.61	no time	02:43.01	
	no time				
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:5, starttime: 11:20
Heat: 5/19 Lane : 8 Athlete: VOLCKAERT THOMAS					Q-time: 02:09:34
PB (50m pool): 02:09.34 Olympic Pool Wezenberg, Antwer 29/03/2025					PB (25m pool): 02:05.83 SB: 02:09.34 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.04	01:02.09	01:36.22	02:09.34	
	00:29.04	00:33.05	00:34.13	00:33.12	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:11, starttime: 11:35
Heat: 11/19 Lane : 2 Athlete: PERSOONS EMIEL					Q-time: 02:05:26
PB (50m pool): 02:05.26 Aalst 26/04/2026					PB (25m pool): 02:00.83 SB: 02:05.26 Aalst 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.87	01:00.34	01:32.88	02:05.26	
	00:28.87	00:31.47	00:32.54	00:32.38	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:12, starttime: 11:38
Heat: 12/19 Lane : 1 Athlete: VOLCKAERT MATTHIAS					Q-time: 02:04:64
PB (50m pool): 02:04.64 Antwerp 09/02/2025					PB (25m pool): 02:00.32 SB: 02:05.08 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.87	01:00.55	01:33.10	02:04.64	
	00:28.87	00:31.68	00:32.55	00:31.54	
					

Coach feedback:

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Event number: 39: 200M FREESTYLE MEN 15+					Heat:14, starttime: 11:43
Heat: 14/19 Lane : 6 Athlete: VERROKEN GERBEN					Q-time: 02:03:21
PB (50m pool): 02:03.21 Aalst 26/04/2026					PB (25m pool): 01:59.30 SB: 02:03.21 Aalst 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.64	00:59.98	01:31.95	02:03.21	
	00:28.64	00:31.34	00:31.97	00:31.26	
					

Coach feedback:

Event number: 40: 50M BREASTSTROKE WOMEN 15+					Heat:10, starttime: 12:09
Heat: 10/12 Lane : 2 Athlete: DONIN MANON					Q-time: 00:34:24
PB (50m pool): 00:34.24 Antwerpen 27/07/2025					PB (25m pool): 00:33.73 SB: 00:34.48 Molenbeek 01/02/2026
	5 0 M				
PB	00:34.24				
	00:34.24				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:3, starttime: 12:15
Heat: 3/24 Lane : 1 Athlete: DE PEYPER MATS					Q-time: 00:29:62
PB (50m pool): 00:29.62 Sportoase De Watermolen 24/05/2026					PB (25m pool): 00:29.55 SB: 00:29.62 Sportoase De Watermolen 24/05/2026
	5 0 M				
PB	00:29.62				
	00:29.62				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:16, starttime: 12:27
Heat: 16/24 Lane : 6 Athlete: VOLCKAERT MATTHIAS					Q-time: 00:27:43
PB (50m pool): 00:27.43 Antwerpen 22/03/2026					PB (25m pool): 00:27.57 SB: 00:27.43 Antwerpen 22/03/2026
	5 0 M				
PB	00:27.43				
	00:27.43				
					

Coach feedback:

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Event number: 42: 100M BUTTERFLY WOMEN 15+			Heat:2, starttime: 12:38
Heat: 2/9 Lane : 4 Athlete: DE BACKER BIRGIT			Q-time: 01:10:23
PB (50m pool): 01:10.23 Antwerpen 22/03/2026			PB (25m pool): 01:09.17 SB: 01:10.23 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:32.88	01:10.23	
	00:32.88	00:37.35	
			

Coach feedback: