

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Smet Lieselotte HEADCOACH

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

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 14:20
Heat: 2/24 Lane : 4 Athlete: RAEMDONCK BENTHE-MARIE					Q-time: 99:99:99
PB (50m pool): 02:35.44 Gent 13/03/2022					PB (25m pool): 02:30.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:35.44	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 14:35
Heat: 6/24 Lane : 1 Athlete: VANSIELEGHEM AMBER					Q-time: 03:29:07
PB (50m pool): 03:29.07 Gent 08/02/2026					PB (25m pool): 03:34.26 SB: 03:29.07 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.15	01:44.67	02:45.58	03:29.07	
	00:51.15	00:53.52	01:00.91	00:43.49	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 14:35
Heat: 6/24 Lane : 3 Athlete: SCHOENMAEKERS ALIX					Q-time: 03:24:00
PB (50m pool): 03:24.00 Gent 08/02/2026					PB (25m pool): 03:12.27 SB: 03:24.00 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.63	01:38.93	02:39.52	03:24.00	
	00:45.63	00:53.30	01:00.59	00:44.48	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 14:35
Heat: 6/24 Lane : 6 Athlete: HUWEL LENA					Q-time: 03:24:56
PB (50m pool): 03:24.56 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:23.34 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.33	01:41.60	02:40.68	03:24.56	
	00:50.33	00:51.27	00:59.08	00:43.88	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 14:35
Heat: 6/24 Lane : 8 Athlete: CHRISTIAENS NORE					Q-time: 03:31:63
PB (50m pool): 03:31.63 Gent 08/02/2026 PB (25m pool): 03:14.71 SB: 03:31.63 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.02	01:43.49	02:46.71	03:31.63	
	00:51.02	00:52.47	01:03.22	00:44.92	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 14:55
Heat: 11/24 Lane : 7 Athlete: DELAGRANGE C�ZANNE					Q-time: 03:07:65
PB (50m pool): 03:07.65 Antwerpen 13/07/2025 PB (25m pool): 03:13.98 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.48	01:25.45	02:22.58	03:07.65	
	00:39.48	00:45.97	00:57.13	00:45.07	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 15:05
Heat: 14/24 Lane : 1 Athlete: CLAEYS ELISE					Q-time: 02:58:92
PB (50m pool): 02:58.92 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:58.96 SB: 03:03.46 Kortrijk 26/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.27	01:26.66	02:17.10	02:58.92	
	00:39.27	00:47.39	00:50.44	00:41.82	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 15:05
Heat: 14/24 Lane : 6 Athlete: ANSEEUW LIEZE					Q-time: 02:57:93
PB (50m pool): 02:57.93 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:52.33 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.02	01:24.34	02:17.55	02:57.93	
	00:39.02	00:45.32	00:53.21	00:40.38	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:16, starttime: 15:15
Heat: 16/24 Lane : 8 Athlete: BAEKE STINE					Q-time: 02:54:33
PB (50m pool): 02:52.37 Eindhoven 22/03/2026 PB (25m pool): 02:50.94 SB: 02:52.37 Eindhoven 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.17	01:24.07	02:14.08	02:52.37	
	00:37.17	00:46.90	00:50.01	00:38.29	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:17, starttime: 15:15
Heat: 17/24 Lane : 2 Athlete: POTIER JOLIE					Q-time: 02:50:68
PB (50m pool): 02:48.24 Antwerpen 08/03/2026 PB (25m pool): 02:53.87 SB: 02:48.24 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.41	01:20.47	02:08.79	02:48.24	
	00:36.41	00:44.06	00:48.32	00:39.45	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:17, starttime: 15:15
Heat: 17/24 Lane : 3 Athlete: VANHAECKE JULIETTE					Q-time: 02:50:21
PB (50m pool): 02:50.21 Antwerpen 13/07/2025 PB (25m pool): 03:04.68 SB: 02:53.01 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.95	01:21.29	02:11.78	02:50.21	
	00:36.95	00:44.34	00:50.49	00:38.43	
					

Coach feedback:

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:17, starttime: 15:15
Heat: 17/24 Lane : 9 Athlete: DUMONT MILA					Q-time: 02:52:26
PB (50m pool): 02:45.44 Antwerpen 14/07/2024					PB (25m pool): 02:55.09 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:45.44	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:18, starttime: 15:20
Heat: 18/24 Lane : 1 Athlete: VAN HERPE MILLY					Q-time: 02:48:12
PB (50m pool): 02:48.12 Amersfoort 22/02/2026					PB (25m pool): 02:42.43 SB: 02:48.12 Amersfoort 22/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.20	01:19.09	02:08.35	02:48.12	
	00:33.20	00:45.89	00:49.26	00:39.77	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:18, starttime: 15:20
Heat: 18/24 Lane : 7 Athlete: DEN BAES ELISE					Q-time: 02:47:95
PB (50m pool): 02:41.73 Antwerp 28/01/2024					PB (25m pool): 02:38.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:41.73	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:21, starttime: 15:30
Heat: 21/24 Lane : 4 Athlete: SCHRAM MILA					Q-time: 02:40:59
PB (50m pool): 02:37.42 Eindhoven 22/03/2026					PB (25m pool): 02:33.25 SB: 02:37.42 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.37	01:12.48	02:03.29	02:37.42	
	00:33.37	00:39.11	00:50.81	00:34.13	
					

Coach feedback:

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:22, starttime: 15:35
Heat: 22/24 Lane : 5 Athlete: DE VREESE JULIE					Q-time: 02:36:72
PB (50m pool): 02:34.84 Antwerpen 08/03/2026					PB (25m pool): 02:30.10 SB: 02:34.84 Antwerpen 08/03/2026
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	00:33.97	01:12.26	01:58.71	02:34.84	
	00:33.97	00:38.29	00:46.45	00:36.13	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 1 Athlete: HOSTE CELESTE					Q-time: 02:30:54
PB (50m pool): no time					PB (25m pool): no time SB: no time
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 3 Athlete: VAN GYSEL MAITE					Q-time: 02:28:32
PB (50m pool): 02:28.32 Antwerpen 27/07/2025					PB (25m pool): 02:24.17 SB: 02:28.45 Amersfoort 22/02/2026
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	00:31.61	01:09.72	01:53.84	02:28.32	
	00:31.61	00:38.11	00:44.12	00:34.48	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 9 Athlete: DE DECKER FEBE					Q-time: 02:32:95
PB (50m pool): 02:32.95 Gent 08/02/2026					PB (25m pool): 02:28.47 SB: 02:32.95 Gent 08/02/2026
PB	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
	00:31.65	01:11.84	01:59.40	02:32.95	
	00:31.65	00:40.19	00:47.56	00:33.55	
					

Coach feedback:

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 17: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:05	
Heat: 1/10 Lane : 6 Athlete: VAN DEN BRANDEN CAMIEL							Q-time: 05:36:38	
PB (50m pool): 05:36.38 LOCHRISTI 25/01/2026				PB (25m pool): 05:23.04 SB: 05:36.38 LOCHRISTI 25/01/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	01:17.66	no time	02:45.13	no time	no time	no time	05:36.38
	<i>no time</i>							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:10	
Heat: 2/10 Lane : 4 Athlete: TEIRLINCK TIGO							Q-time: 05:20:38	
PB (50m pool): 05:20.38 Antwerpen 20/07/2025				PB (25m pool): 05:19.29 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:36.10	01:16.35	01:56.49	02:37.25	03:17.94	03:59.27	04:40.02	05:20.38
	00:36.10	00:40.25	00:40.14	00:40.76	00:40.69	00:41.33	00:40.75	00:40.36
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:4, starttime: 16:20	
Heat: 4/10 Lane : 1 Athlete: DE VREESE SEPPE							Q-time: 05:10:11	
PB (50m pool): 05:10.11 Antwerpen 20/07/2025				PB (25m pool): 05:42.01 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.68	01:15.29	01:54.63	02:34.65	03:14.88	03:54.16	04:33.53	05:10.11
	00:35.68	00:39.61	00:39.34	00:40.02	00:40.23	00:39.28	00:39.37	00:36.58
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:7, starttime: 16:40	
Heat: 7/10 Lane : 7 Athlete: DE DECKER TIBE							Q-time: 04:46:08	
PB (50m pool): 04:46.08 Antwerpen 20/07/2025				PB (25m pool): 04:43.21 SB: 04:46.28 Gent 08/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:31.84	01:07.23	01:43.76	02:20.71	02:57.75	03:34.25	04:11.11	04:46.08
	00:31.84	00:35.39	00:36.53	00:36.95	00:37.04	00:36.50	00:36.86	00:34.97
								

Coach feedback:

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Event number: 17: 400M FREESTYLE MEN 11+							Heat:8, starttime: 16:45	
Heat: 8/10 Lane : 5 Athlete: VIAENE MAXIM							Q-time: 04:35:62	
PB (50m pool): 04:35.62 Antwerpen 27/07/2025				PB (25m pool): 04:33.45 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:31.20	01:05.68	01:40.95	02:16.57	02:51.76	03:26.71	04:02.21	04:35.62
	00:31.20	00:34.48	00:35.27	00:35.62	00:35.19	00:34.95	00:35.50	00:33.41
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:9, starttime: 16:50	
Heat: 9/10 Lane : 2 Athlete: VANBESIEN LOWIE							Q-time: 04:27:99	
PB (50m pool): 04:27.99 Antwerpen 27/07/2025				PB (25m pool): 04:25.27 SB: 04:31.02 Eindhoven 22/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.96	01:04.06	01:37.57	02:11.28	02:45.28	03:19.84	03:54.63	04:27.99
	00:30.96	00:33.10	00:33.51	00:33.71	00:34.00	00:34.56	00:34.79	00:33.36
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:10, starttime: 16:55	
Heat: 10/10 Lane : 3 Athlete: KOCKX HENRI							Q-time: 04:15:91	
PB (50m pool): 04:15.91 Antwerpen 27/07/2025				PB (25m pool): 04:15.90SB: 04:21.74 Antwerpen 22/03/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:29.05	01:00.51	01:32.77	02:05.63	02:38.26	03:10.96	03:43.68	04:15.91
	00:29.05	00:31.46	00:32.26	00:32.86	00:32.63	00:32.70	00:32.72	00:32.23
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:10, starttime: 16:55	
Heat: 10/10 Lane : 6 Athlete: SCHRAM THOR							Q-time: 04:18:45	
PB (50m pool): 04:17.17 Antwerpen 28/07/2024				PB (25m pool): 04:18.25 SB: 04:24.63 Gent 08/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	04:17.17
	no time							
								

Coach feedback: