

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

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

Coaches: Bogaerts Michel

Coaches: De Block Killian

Coaches: Leys Leen HEADCOACH

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

Event number: 15: 200M MEDLEY WOMEN 11+ Heat:4, starttime: 14:25

Heat: 4/24 Lane : 5 Athlete: VAN LOOCK DE COCK ESMÉE Q-time: 03:43:20

PB (50m pool): no time PB (25m pool): 03:17.59 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	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+ Heat:7, starttime: 14:40

Heat: 7/24 Lane : 4 Athlete: PETKOVA DALIA Q-time: 03:19:00

PB (50m pool): 03:19.00 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:15.65 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.51	01:34.11	02:33.15	03:19.00	
	00:44.51	00:49.60	00:59.04	00:45.85	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+ Heat:9, starttime: 14:50

Heat: 9/24 Lane : 0 Athlete: BOGAERTS ENYA Q-time: 03:15:62

PB (50m pool): 03:15.62 Antwerpen 13/07/2025 PB (25m pool): 03:15.50 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.07	01:35.18	02:34.22	03:15.62	
	00:46.07	00:49.11	00:59.04	00:41.40	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 14:50
Heat: 9/24 Lane : 5 Athlete: MAHU AMY					Q-time: 03:13:46
PB (50m pool): 03:10.36 Molenbeek 01/02/2026					PB (25m pool): 03:11.73 SB: 03:10.36 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	03:10.36	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 14:55
Heat: 11/24 Lane : 9 Athlete: WEGENER LENA					Q-time: 03:08:51
PB (50m pool): 03:03.31 Antwerpen 08/03/2026					PB (25m pool): 03:01.78 SB: 03:03.31 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.56	01:27.29	02:22.13	03:03.31	
	00:42.56	00:44.73	00:54.84	00:41.18	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 15:00
Heat: 13/24 Lane : 1 Athlete: PETKOVA SOFIA					Q-time: 03:00:68
PB (50m pool): 03:00.68 Antwerpen 20/07/2025					PB (25m pool): 02:53.32 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.19	01:25.95	02:20.89	03:00.68	
	00:38.19	00:47.76	00:54.94	00:39.79	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:15, starttime: 15:10
Heat: 15/24 Lane : 1 Athlete: DYRNES NORA					Q-time: 02:57:01
PB (50m pool): 02:57.01 Antwerpen 13/07/2025					PB (25m pool): 02:55.25 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.10	01:23.33	02:16.53	02:57.01	
	00:38.10	00:45.23	00:53.20	00:40.48	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:16, starttime: 15:15
Heat: 16/24 Lane : 0 Athlete: BOGAERTS XENA					Q-time: 02:54:56
PB (50m pool): 02:54.56 Antwerpen 13/07/2025					PB (25m pool): 02:54.02 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.86	01:23.70	02:16.02	02:54.56	
	00:36.86	00:46.84	00:52.32	00:38.54	
					

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+					Heat:1, starttime: 16:05			
Heat: 1/10 Lane : 1 Athlete: MAASKANT ALBIN					Q-time: 05:37:52			
PB (50m pool): 05:37.22 Molenbeek 01/02/2026					PB (25m pool): 05:18.71 SB: 05:37.22 Molenbeek 01/02/2026			
	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	01:21.15	no time	02:46.91	no time	no time	no time	05:37.22
	no time							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+					Heat:2, starttime: 16:10			
Heat: 2/10 Lane : 0 Athlete: COPPENS JACK					Q-time: 05:30:56			
PB (50m pool): 05:30.56 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 05:18.40 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	00:36.21	01:18.29	02:01.10	02:44.08	03:27.09	04:10.51	04:51.15	05:30.56
	00:36.21	00:42.08	00:42.81	00:42.98	00:43.01	00:43.42	00:40.64	00:39.41
								

Coach feedback: