

# SPEEDOMEETING 2026: Session: 5: 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: 22: 100M FREESTYLE WOMEN 10-9                                                         |           |           |  |  | Heat:3, starttime: 14:05 |  |
|-----------------------------------------------------------------------------------------------------|-----------|-----------|--|--|--------------------------|--|
| Heat: 3/3    Lane : 5    Athlete: VANSIELEGHEM HANNAH                                               |           |           |  |  | Q-time: 01:31:57         |  |
| PB (50m pool): 01:31.57   Zwembad Brigitte Becue   30/05/2025   PB (25m pool): 01:23.54 SB: no time |           |           |  |  |                          |  |
|                                                                                                     | 5 0 M     | 1 0 0 M   |  |  |                          |  |
| PB                                                                                                  | 00:40.61  | 01:31.57  |  |  |                          |  |
|                                                                                                     | 00:40.61  | 00:50.96  |  |  |                          |  |
|                                                                                                     | . . . . . | . . . . . |  |  |                          |  |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+                                                              |                |           |           |           | Heat:3, starttime: 14:25 |  |
|----------------------------------------------------------------------------------------------------|----------------|-----------|-----------|-----------|--------------------------|--|
| Heat: 3/19    Lane : 0    Athlete: SCHRAM THOR                                                     |                |           |           |           | Q-time: 99:99:99         |  |
| PB (50m pool): 02:19.88    Lago Rozebroeken Gent 05/03/2023    PB (25m pool): 02:18.45 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   | 02:19.88  |                          |  |
|                                                                                                    | <i>no time</i> |           |           |           |                          |  |
|                                                                                                    | . . . . .      | . . . . . | . . . . . | . . . . . |                          |  |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+                |           |           |           |           | Heat:3, starttime: 14:25            |
|------------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 3/19    Lane : 9    Athlete: GURICKX ALEXANDER |           |           |           |           | Q-time: 99:99:99                    |
| PB (50m pool): no time                               |           |           |           |           | PB (25m pool): 03:11.43 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:

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 24: 200M MEDLEY MEN 11+                                                         |           |           |           |           | Heat:4, starttime: 14:30 |
|-----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 4/19 Lane : 1 Athlete: DUMONT SIEBE                                                     |           |           |           |           | Q-time: 03:22:06         |
| PB (50m pool): 03:22.06 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:15.57 SB: no time |           |           |           |           |                          |
|                                                                                               | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                            | 00:50.32  | 01:40.04  | 02:37.47  | 03:22.06  |                          |
|                                                                                               | 00:50.32  | 00:49.72  | 00:57.43  | 00:44.59  |                          |
|                                                                                               | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+                                                                |           |           |           |           | Heat:4, starttime: 14:30 |
|------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 4/19 Lane : 2 Athlete: MEERT JOLAN                                                             |           |           |           |           | Q-time: 03:20:97         |
| PB (50m pool): 03:20.97 Kortrijk 26/12/2025 PB (25m pool): 03:25.79 SB: 03:20.97 Kortrijk 26/12/2025 |           |           |           |           |                          |
|                                                                                                      | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                                   | 00:47.10  | 01:36.97  | 02:37.74  | 03:20.97  |                          |
|                                                                                                      | 00:47.10  | 00:49.87  | 01:00.77  | 00:43.23  |                          |
|                                                                                                      | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+                                                                  |           |           |           |           | Heat:4, starttime: 14:30 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 4/19 Lane : 3 Athlete: VAN DEN BRANDEN CAMIEL                                                    |           |           |           |           | Q-time: 03:20:24         |
| PB (50m pool): 02:59.18 Antwerpen 08/03/2026 PB (25m pool): 02:54.40 SB: 02:59.18 Antwerpen 08/03/2026 |           |           |           |           |                          |
|                                                                                                        | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                                     | 00:39.50  | 01:23.95  | 02:18.93  | 02:59.18  |                          |
|                                                                                                        | 00:39.50  | 00:44.45  | 00:54.98  | 00:40.25  |                          |
|                                                                                                        | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+                                                        |           |           |           |           | Heat:7, starttime: 14:40 |
|----------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 7/19 Lane : 3 Athlete: HINDRYCKX MAURO                                                 |           |           |           |           | Q-time: 02:55:49         |
| PB (50m pool): 02:55.49 Gent 08/02/2026 PB (25m pool): 02:44.13 SB: 02:55.49 Gent 08/02/2026 |           |           |           |           |                          |
|                                                                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                           | 00:36.10  | 01:23.08  | 02:13.57  | 02:55.49  |                          |
|                                                                                              | 00:36.10  | 00:46.98  | 00:50.49  | 00:41.92  |                          |
|                                                                                              | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 24: 200M MEDLEY MEN 11+        |           |           |           |           | Heat:9, starttime: 14:50                                  |
|----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 9/19 Lane : 0 Athlete: TEIRLINCK TIGO  |           |           |           |           | Q-time: 02:50:26                                          |
| PB (50m pool): 02:43.81 Antwerpen 08/03/2026 |           |           |           |           | PB (25m pool): 02:53.93 SB: 02:43.81 Antwerpen 08/03/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                           | 00:37.75  | 01:18.92  | 02:08.90  | 02:43.81  |                                                           |
|                                              | 00:37.75  | 00:41.17  | 00:49.98  | 00:34.91  |                                                           |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+         |           |           |           |           | Heat:10, starttime: 14:50                                |
|-----------------------------------------------|-----------|-----------|-----------|-----------|----------------------------------------------------------|
| Heat: 10/19 Lane : 7 Athlete: BOGAERTS SANDER |           |           |           |           | Q-time: 02:45:60                                         |
| PB (50m pool): 02:45.60 Kortrijk 26/12/2025   |           |           |           |           | PB (25m pool): 02:42.20 SB: 02:45.60 Kortrijk 26/12/2025 |
|                                               | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                          |
| PB                                            | 00:36.93  | 01:20.92  | 02:10.15  | 02:45.60  |                                                          |
|                                               | 00:36.93  | 00:43.99  | 00:49.23  | 00:35.45  |                                                          |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                          |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+         |           |           |           |           | Heat:12, starttime: 15:00                                 |
|-----------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------|
| Heat: 12/19 Lane : 2 Athlete: DE VREESE SEPPE |           |           |           |           | Q-time: 02:39:05                                          |
| PB (50m pool): 02:36.77 Antwerpen 08/03/2026  |           |           |           |           | PB (25m pool): 02:38.78 SB: 02:36.77 Antwerpen 08/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                           |
| PB                                            | 00:35.80  | 01:17.02  | 02:01.11  | 02:36.77  |                                                           |
|                                               | 00:35.80  | 00:41.22  | 00:44.09  | 00:35.66  |                                                           |
|                                               | . . . . . | . . . . . | . . . . . | . . . . . |                                                           |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+        |           |           |           |           | Heat:14, starttime: 15:05                            |
|----------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------------------------|
| Heat: 14/19 Lane : 4 Athlete: DE DECKER TIBE |           |           |           |           | Q-time: 02:32:23                                     |
| PB (50m pool): 02:32.23 Gent 08/02/2026      |           |           |           |           | PB (25m pool): 02:35.84 SB: 02:32.23 Gent 08/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                      |
| PB                                           | 00:35.63  | 01:13.94  | 01:59.86  | 02:32.23  |                                                      |
|                                              | 00:35.63  | 00:38.31  | 00:45.92  | 00:32.37  |                                                      |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                      |

Coach feedback:

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 24: 200M MEDLEY MEN 11+      |         |         |         |          | Heat:14, starttime: 15:05           |
|--------------------------------------------|---------|---------|---------|----------|-------------------------------------|
| Heat: 14/19 Lane : 5 Athlete: VIAENE MAXIM |         |         |         |          | Q-time: 02:32:49                    |
| PB (50m pool): 02:44.14 Antwerp 28/01/2024 |         |         |         |          | PB (25m pool): 02:32.49 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 | 02:44.14 |                                     |
|                                            | no time |         |         |          |                                     |
|                                            | .....   | .....   | .....   | .....    |                                     |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+           |          |          |          |          | Heat:16, starttime: 15:10                                |
|-------------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 16/19 Lane : 4 Athlete: VAN DEURSEN SIEBE |          |          |          |          | Q-time: 02:27:39                                         |
| PB (50m pool): 02:27.39 Kortrijk 26/12/2025     |          |          |          |          | PB (25m pool): 02:26.23 SB: 02:27.39 Kortrijk 26/12/2025 |
|                                                 | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                                          |
| PB                                              | 00:29.90 | 01:07.23 | 01:55.07 | 02:27.39 |                                                          |
|                                                 | 00:29.90 | 00:37.33 | 00:47.84 | 00:32.32 |                                                          |
|                                                 | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+        |          |          |          |          | Heat:18, starttime: 15:15           |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 18/19 Lane : 3 Athlete: KOCKX HENRI    |          |          |          |          | Q-time: 02:22:29                    |
| PB (50m pool): 02:22.29 Antwerpen 27/07/2025 |          |          |          |          | PB (25m pool): 02:18.95 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                           | 00:30.96 | 01:07.67 | 01:51.90 | 02:22.29 |                                     |
|                                              | 00:30.96 | 00:36.71 | 00:44.23 | 00:30.39 |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 11+                     |          |          |          |          | Heat:18, starttime: 15:15                                |
|-----------------------------------------------------------|----------|----------|----------|----------|----------------------------------------------------------|
| Heat: 18/19 Lane : 7 Athlete: LAFAUT LEON                 |          |          |          |          | Q-time: 02:22:79                                         |
| PB (50m pool): 02:22.79 Zwembad Brigitte Becue 30/05/2025 |          |          |          |          | PB (25m pool): 02:18.54 SB: 02:26.69 Kortrijk 26/12/2025 |
|                                                           | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                                          |
| PB                                                        | 00:30.68 | 01:06.07 | 01:49.09 | 02:22.79 |                                                          |
|                                                           | 00:30.68 | 00:35.39 | 00:43.02 | 00:33.70 |                                                          |
|                                                           | .....    | .....    | .....    | .....    |                                                          |

Coach feedback:

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 25: 100M BREASTSTROKE WOMEN 10-9                                                            |           |  |           |  |  |  | Heat:3, starttime: 15:45 |  |
|-----------------------------------------------------------------------------------------------------------|-----------|--|-----------|--|--|--|--------------------------|--|
| Heat: 3/3    Lane : 6    Athlete: VANSIELEGHEM HANNAH                                                     |           |  |           |  |  |  | Q-time: 01:59:33         |  |
| PB (50m pool): 01:59.33    Zwembad Brigitte Becue    30/05/2025    PB (25m pool): 02:02.12    SB: no time |           |  |           |  |  |  |                          |  |
|                                                                                                           | 5 0 M     |  | 1 0 0 M   |  |  |  |                          |  |
| PB                                                                                                        | 00:57.42  |  | 01:59.33  |  |  |  |                          |  |
|                                                                                                           | 00:57.42  |  | 01:01.91  |  |  |  |                          |  |
|                                                                                                           | . . . . . |  | . . . . . |  |  |  |                          |  |

Coach feedback:

| Event number: 26: 400M FREESTYLE WOMEN 11+                                                                              |           |           |           |           |           |           | Heat:7, starttime: 16:25 |           |
|-------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 7/10    Lane : 7    Athlete: BAEKE STINE                                                                          |           |           |           |           |           |           | Q-time: 05:05:95         |           |
| PB (50m pool): 05:05.95    Zwembad Brigitte Becue 30/05/2025    PB (25m pool): 04:58.45 SB: 05:10.46    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                                                                                                                      | 00:35.18  | 01:12.53  | 01:51.20  | 02:30.13  | 03:09.02  | 03:48.62  | 04:28.13                 | 05:05.95  |
|                                                                                                                         | 00:35.18  | 00:37.35  | 00:38.67  | 00:38.93  | 00:38.89  | 00:39.60  | 00:39.51                 | 00:37.82  |
|                                                                                                                         | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 26: 400M FREESTYLE WOMEN 11+            |           |           |           |                                                         |           |           | Heat:7, starttime: 16:25 |           |
|-------------------------------------------------------|-----------|-----------|-----------|---------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 7/10    Lane : 9    Athlete: VANHAECKE JULIETTE |           |           |           |                                                         |           |           | Q-time: 05:08:18         |           |
| PB (50m pool): 05:08.18    Gent 08/02/2026            |           |           |           | PB (25m pool): 05:07.12 SB: 05:08.18    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                                                    | 00:33.47  | 01:12.37  | 01:51.73  | 02:31.62                                                | no time   | 03:50.76  | no time                  | 05:08.18  |
|                                                       | 00:33.47  | 00:38.90  | 00:39.36  | 00:39.89                                                |           |           |                          |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                                               | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 26: 400M FREESTYLE WOMEN 11+                                                                                       |           |           |           |           |           |           | Heat:8, starttime: 16:30 |           |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 8/10    Lane : 7    Athlete: VAN HERPE MILLY                                                                               |           |           |           |           |           |           | Q-time: 04:58:42         |           |
| PB (50m pool): 04:58.42   Zwembad Brigitte Becue   30/05/2025    PB (25m pool): 04:51.12 SB: 04:59.03    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                                                                                                                               | 00:34.06  | 01:11.09  | 01:50.22  | 02:29.24  | 03:08.39  | 03:46.70  | 04:22.38                 | 04:58.42  |
|                                                                                                                                  | 00:34.06  | 00:37.03  | 00:39.13  | 00:39.02  | 00:39.15  | 00:38.31  | 00:35.68                 | 00:36.04  |
|                                                                                                                                  | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

SPEEDOMEETING 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 26: 400M FREESTYLE WOMEN 11+                                                            |           |           |           |           |           |           | Heat:9, starttime: 16:35 |           |
|-------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 9/10    Lane : 0    Athlete: SCHRAM MILA                                                        |           |           |           |           |           |           | Q-time: 04:52:73         |           |
| PB (50m pool): 04:52.73    Zwembad Brigitte Becue    30/05/2025    PB (25m pool): 04:43.39SB: 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                                                                                                    | 00:32.78  | 01:09.35  | 01:45.83  | 02:23.26  | 03:00.14  | 03:38.18  | 04:16.07                 | 04:52.73  |
|                                                                                                       | 00:32.78  | 00:36.57  | 00:36.48  | 00:37.43  | 00:36.88  | 00:38.04  | 00:37.89                 | 00:36.66  |
|                                                                                                       | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 26: 400M FREESTYLE WOMEN 11+        |           |           |           |                                                         |           |           | Heat:9, starttime: 16:35 |           |
|---------------------------------------------------|-----------|-----------|-----------|---------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 9/10    Lane : 9    Athlete: DEN BAES ELISE |           |           |           |                                                         |           |           | Q-time: 04:53:41         |           |
| PB (50m pool): 04:53.41    Gent 08/02/2026        |           |           |           | PB (25m pool): 04:59.66 SB: 04:53.41    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                                                | 00:32.43  | 01:09.22  | 01:47.09  | 02:25.31                                                | 03:02.16  | 03:39.45  | 04:16.47                 | 04:53.41  |
|                                                   | 00:32.43  | 00:36.79  | 00:37.87  | 00:38.22                                                | 00:36.85  | 00:37.29  | 00:37.02                 | 00:36.94  |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                               | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: