

SPEEDOMEETING 2026: Session: 5: 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: 24: 200M MEDLEY MEN 11+					Heat:7, starttime: 14:40
Heat: 7/19 Lane : 8 Athlete: MAASKANT ALBIN					Q-time: 02:56:39
PB (50m pool): 02:56.39 Antwerpen 20/07/2025					PB (25m pool): 02:47.96 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.26	01:24.27	02:17.54	02:56.39	
	00:37.26	00:47.01	00:53.27	00:38.85	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:14, starttime: 15:05
Heat: 14/19 Lane : 2 Athlete: SONUMUT ARMAN					Q-time: 02:33:14
PB (50m pool): 02:33.14 Antwerpen 13/07/2025					PB (25m pool): 02:31.08 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.98	01:09.54	01:57.10	02:33.14	
	00:30.98	00:38.56	00:47.56	00:36.04	
					

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:45	
Heat: 1/10 Lane : 2 Athlete: MAHU AMY							Q-time: 05:45:27	
PB (50m pool): no time			PB (25m pool): 05:45.27 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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:00	
Heat: 3/10 Lane : 1 Athlete: WEGENER LENA							Q-time: 05:34:74	
PB (50m pool): 05:34.74 Antwerpen 20/07/2025							PB (25m pool): 05:36.20 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	00:38.19	01:21.40	02:04.65	02:48.07	03:30.68	04:13.83	04:54.96	05:34.74
	00:38.19	00:43.21	00:43.25	00:43.42	00:42.61	00:43.15	00:41.13	00:39.78
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:00	
Heat: 3/10 Lane : 3 Athlete: PETKOVA SOFIA							Q-time: 05:32:43	
PB (50m pool): 05:32.43 Antwerpen 20/07/2025							PB (25m pool): 05:27.70 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	00:38.02	01:19.59	02:02.19	02:45.87	03:28.00	04:10.80	04:52.22	05:32.43
	00:38.02	00:41.57	00:42.60	00:43.68	00:42.13	00:42.80	00:41.42	00:40.21
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:10	
Heat: 5/10 Lane : 6 Athlete: MAASKANT KRISTINA							Q-time: 05:20:22	
PB (50m pool): 05:20.22 Zwembad Brigitte Becue 30/05/2025							PB (25m pool): 05:22.05 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	00:35.08	01:14.90	01:55.91	02:37.03	03:18.91	04:00.91	04:42.88	05:20.22
	00:35.08	00:39.82	00:41.01	00:41.12	00:41.88	00:42.00	00:41.97	00:37.34
								

Coach feedback: