

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

Coachinfo: Warming up from: 08:00 until 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verbauwen Carine HEADCOACH

PB => Personal Best time

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

Event number: 24: 200M FREESTYLE MEN **Heat:2, starttime: 09:33**

Heat: 2/7 Lane : 1 Athlete: VAN DEURSEN SIEBE **Q-time: 02:03:77**

PB (50m pool): 02:03.77 Antwerpen 27/07/2025 **PB (25m pool): 01:57.87 SB: 02:05.90 Gent 08/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.71	01:00.73	01:33.11	02:03.77	
	00:28.71	00:32.02	00:32.38	00:30.66	
	

Coach feedback:

Event number: 24: 200M FREESTYLE MEN **Heat:2, starttime: 09:33**

Heat: 2/7 Lane : 8 Athlete: KOCKX HENRI **Q-time: 02:03:83**

PB (50m pool): 02:02.88 Antwerpen 21/04/2024 **PB (25m pool): 02:00.20 SB: 02:07.83 Gent 08/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:02.88	
	no time				
	

Coach feedback:

Event number: 24: 200M FREESTYLE MEN **Heat:3, starttime: 09:35**

Heat: 3/7 Lane : 1 Athlete: LEROUX WOUT **Q-time: 02:00:94**

PB (50m pool): 02:00.94 Antwerpen 27/07/2025 **PB (25m pool): 01:58.68 SB: 02:06.52 Amersfoort 22/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.80	00:58.00	01:29.39	02:00.94	
	00:27.80	00:30.20	00:31.39	00:31.55	
	

Coach feedback:

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Event number: 24: 200M FREESTYLE MEN				Heat:3, starttime: 09:35		
Heat: 3/7 Lane : 7 Athlete: SCHRAM THOR				Q-time: 02:00:74		
PB (50m pool): 02:00.74 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:55.97 SB: 02:03.02 Amersfoort 22/02/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:28.34	00:59.23	01:30.41	02:00.74		
	<i>00:28.34</i>	<i>00:30.89</i>	<i>00:31.18</i>	<i>00:30.33</i>		
		

Coach feedback:

Event number: 24: 200M FREESTYLE MEN				Heat:6, starttime: 09:43		
Heat: 6/7 Lane : 7 Athlete: BAEYE LEON				Q-time: 01:54:81		
PB (50m pool): 01:54.81 Antwerpen 27/07/2025 PB (25m pool): 01:48.91 SB: 01:56.15 Gent 08/02/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:26.04	00:54.81	01:24.60	01:54.81		
	<i>00:26.04</i>	<i>00:28.77</i>	<i>00:29.79</i>	<i>00:30.21</i>		
		

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN			Heat:1, starttime: 09:48		
Heat: 1/8 Lane : 4 Athlete: VAN LAECKE LIESE			Q-time: 01:13:11		
PB (50m pool): 01:13.11 Eindhoven 16/03/2025 PB (25m pool): 01:10.71 SB: 01:15.08 Lochristi 01/02/2026					
	5 0 M	1 0 0 M			
PB	00:35.39	01:13.11			
	<i>00:35.39</i>	<i>00:37.72</i>			
			

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN			Heat:3, starttime: 09:53		
Heat: 3/8 Lane : 3 Athlete: VANGAMPELAERE LAURA			Q-time: 01:10:53		
PB (50m pool): 01:09.01 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 01:07.50 SB: 01:13.61 Amersfoort 22/02/2026					
	5 0 M	1 0 0 M			
PB	no time	01:09.01			
	<i>no time</i>				
			

Coach feedback:

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Event number: 25: 100M BACKSTROKE WOMEN		Heat:3, starttime: 09:53	
Heat: 3/8 Lane : 5 Athlete: LOONES THULINE		Q-time: 01:10:43	
PB (50m pool): 01:10.43 Antwerpen 27/04/2025		PB (25m pool): 01:08.72 SB: 01:13.63 Lochristi 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:34.75	01:10.43	
	<i>00:34.75</i>	<i>00:35.68</i>	
	

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN		Heat:3, starttime: 09:53	
Heat: 3/8 Lane : 7 Athlete: VAN GYSEL MAITE		Q-time: 01:10:76	
PB (50m pool): 01:10.76 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:07.23 SB: 01:12.41 Lochristi 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:34.35	01:10.76	
	<i>00:34.35</i>	<i>00:36.41</i>	
	

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN		Heat:6, starttime: 09:59	
Heat: 6/8 Lane : 1 Athlete: GOETHALS HILKJE		Q-time: 01:06:96	
PB (50m pool): 01:06.96 Antwerp 09/02/2025		PB (25m pool): 01:03.82 SB: no time	
	5 0 M	1 0 0 M	
PB	00:33.03	01:06.96	
	<i>00:33.03</i>	<i>00:33.93</i>	
	

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN		Heat:6, starttime: 09:59	
Heat: 6/8 Lane : 7 Athlete: MATTHEEUWS LIE		Q-time: 01:06:38	
PB (50m pool): 01:04.72 Antwerpen 21/04/2024		PB (25m pool): 01:03.09 SB: 01:08.14 Amersfoort 22/02/2026	
	5 0 M	1 0 0 M	
PB	no time	01:04.72	
	<i>no time</i>		
	

Coach feedback:

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Event number: 25: 100M BACKSTROKE WOMEN			Heat:7, starttime: 10:01		
Heat: 7/8 Lane : 8 Athlete: HUENS NOOR			Q-time: 01:07:00		
PB (50m pool): 01:07.00 Antwerpen 27/04/2025			PB (25m pool): 01:05.10 SB: 01:10.08 Gent 08/02/2026		
	5 0 M	1 0 0 M			
PB	00:32.57	01:07.00			
	<i>00:32.57</i>	<i>00:34.43</i>			
			

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN				Heat:1, starttime: 10:06	
Heat: 1/6 Lane : 4 Athlete: LAFAUT LEON				Q-time: 02:42:90	
PB (50m pool): 02:42.90 Kortrijk 26/12/2025				PB (25m pool): no time SB: 02:42.90 Kortrijk 26/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.52	01:18.01	01:59.89	02:42.90	
	<i>00:36.52</i>	<i>00:41.49</i>	<i>00:41.88</i>	<i>00:43.01</i>	
	

Coach feedback:

Event number: 27: 200M BUTTERFLY WOMEN				Heat:2, starttime: 10:28	
Heat: 2/2 Lane : 1 Athlete: DE DECKER FEBE				Q-time: 02:40:97	
PB (50m pool): 02:40.97 Gent 08/02/2026				PB (25m pool): 02:29.24 SB: 02:40.97 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.77	01:13.07	01:54.79	02:40.97	
	<i>00:33.77</i>	<i>00:39.30</i>	<i>00:41.72</i>	<i>00:46.18</i>	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:1, starttime: 10:32	
Heat: 1/10 Lane : 6 Athlete: VANGAMPELAERE MILAN		Q-time: 00:28:26	
PB (50m pool): 00:27.51 Amersfoort 22/02/2026		PB (25m pool): 00:28.10 SB: 00:27.51 Amersfoort 22/02/2026	
	5 0 M		
PB	00:27.51		
	<i>00:27.51</i>		
		

Coach feedback:

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Event number: 28: 50M BUTTERFLY MEN		Heat:4, starttime: 10:35
Heat: 4/10 Lane : 7 Athlete: SCHRAM THOR		Q-time: 00:27:26
PB (50m pool): 00:27.03 Gent 08/02/2026		PB (25m pool): 00:26.28 SB: 00:27.03 Gent 08/02/2026
	5 0 M	
PB	00:27.03	
	<i>00:27.03</i>	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:5, starttime: 10:36
Heat: 5/10 Lane : 3 Athlete: CLAEYS OSCAR		Q-time: 00:26:85
PB (50m pool): 00:26.85 Antwerpen 27/07/2025		PB (25m pool): 00:26.77 SB: no time
	5 0 M	
PB	00:26.85	
	<i>00:26.85</i>	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:8, starttime: 10:38
Heat: 8/10 Lane : 2 Athlete: DE MUL TOM		Q-time: 00:25:52
PB (50m pool): 00:25.47 Amersfoort 22/02/2026		PB (25m pool): 00:25.10 SB: 00:25.47 Amersfoort 22/02/2026
	5 0 M	
PB	00:25.47	
	<i>00:25.47</i>	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:10, starttime: 10:40
Heat: 10/10 Lane : 8 Athlete: BAEYE LEON		Q-time: 00:25:80
PB (50m pool): 00:25.80 Lochristi 01/02/2026		PB (25m pool): 00:26.13 SB: 00:25.80 Lochristi 01/02/2026
	5 0 M	
PB	00:25.80	
	<i>00:25.80</i>	
	

Coach feedback:

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Event number: 29: 200M BREASTSTROKE WOMEN				Heat:1, starttime: 10:42	
Heat: 1/4 Lane : 7 Athlete: VAN LAECKE LOTTE				Q-time: 02:55:00	
PB (50m pool): 02:53.49 Antwerpen 21/04/2024			PB (25m pool): 02:49.30 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	02:53.49	
	<i>no time</i>				
	

Coach feedback:

Event number: 29: 200M BREASTSTROKE WOMEN				Heat:2, starttime: 10:45	
Heat: 2/4 Lane : 2 Athlete: RAEMDONCK BENTHE-MARIE				Q-time: 02:45:06	
PB (50m pool): 02:41.33 ANTWERPEN 30/07/2023			PB (25m pool): 02:34.58 SB: 02:45.06 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:41.33	
	<i>no time</i>				
	

Coach feedback:

Event number: 29: 200M BREASTSTROKE WOMEN				Heat:4, starttime: 10:52	
Heat: 4/4 Lane : 3 Athlete: GOBERT LIES				Q-time: 02:36:18	
PB (50m pool): 02:36.18 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 02:33.39 SB: 02:40.23 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.71	01:15.29	01:54.96	02:36.18	
	<i>00:35.71</i>	<i>00:39.58</i>	<i>00:39.67</i>	<i>00:41.22</i>	
	

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN			Heat:2, starttime: 10:58		
Heat: 2/7 Lane : 4 Athlete: CLAEYS OSCAR			Q-time: 01:04:61		
PB (50m pool): 01:03.54 ANTWERPEN 30/07/2023		PB (25m pool): 00:59.69 SB: no time			
	5 0 M	1 0 0 M			
PB	no time	01:03.54			
	<i>no time</i>				
			

Coach feedback:

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Event number: 30: 100M BACKSTROKE MEN		Heat:2, starttime: 10:58
Heat: 2/7 Lane : 6 Athlete: LEROUX WOUT		Q-time: 01:05:54
PB (50m pool): 01:06.54 Amersfoort 22/02/2026		PB (25m pool): 01:00.78 SB: 01:06.54 Amersfoort 22/02/2026
	5 0 M	1 0 0 M
PB	00:31.93	01:06.54
	<i>00:31.93</i>	<i>00:34.61</i>

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN		Heat:3, starttime: 11:00
Heat: 3/7 Lane : 1 Athlete: LAFAUT LEON		Q-time: 01:04:47
PB (50m pool): 01:04.47 Antwerpen 27/07/2025		PB (25m pool): 01:01.43 SB: 01:06.27 Gent 08/02/2026
	5 0 M	1 0 0 M
PB	00:30.78	01:04.47
	<i>00:30.78</i>	<i>00:33.69</i>

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN		Heat:4, starttime: 11:02
Heat: 4/7 Lane : 1 Athlete: DE MUL TOM		Q-time: 01:03:65
PB (50m pool): 01:03.65 Antwerpen 27/07/2025		PB (25m pool): 00:57.97 SB: 01:04.75 Lochristi 01/02/2026
	5 0 M	1 0 0 M
PB	00:29.84	01:03.65
	<i>00:29.84</i>	<i>00:33.81</i>

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN		Heat:6, starttime: 11:06
Heat: 6/7 Lane : 1 Athlete: VAN DEURSEN SIEBE		Q-time: 01:02:15
PB (50m pool): 01:02.15 Antwerpen 27/07/2025		PB (25m pool): 00:59.86 SB: 01:02.81 Gent 08/02/2026
	5 0 M	1 0 0 M
PB	00:30.62	01:02.15
	<i>00:30.62</i>	<i>00:31.53</i>

Coach feedback:

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Event number: 30: 100M BACKSTROKE MEN		Heat:7, starttime: 11:08	
Heat: 7/7 Lane : 4 Athlete: VERRETH NOAH		Q-time: 00:54:19	
PB (50m pool): 00:54.19 Antwerpen 27/07/2025		PB (25m pool): 00:50.36 SB: 00:55.72 Luxembourg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:26.10	00:54.19	
	<i>00:26.10</i>	<i>00:28.09</i>	
	

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:2, starttime: 11:11	
Heat: 2/7 Lane : 7 Athlete: RAEMDONCK BENTHE-MARIE		Q-time: 00:28:38	
PB (50m pool): 00:28.13 ANTWERPEN 30/07/2023		PB (25m pool): 00:27.69 SB: 00:28.38 Amersfoort 22/02/2026	
	5 0 M		
PB	00:28.13		
	<i>00:28.13</i>		
		

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:4, starttime: 11:13	
Heat: 4/7 Lane : 5 Athlete: VAN GYSEL MAITE		Q-time: 00:27:63	
PB (50m pool): 00:27.63 Antwerpen 27/04/2025		PB (25m pool): 00:27.20 SB: 00:27.81 Lochristi 01/02/2026	
	5 0 M		
PB	00:27.63		
	<i>00:27.63</i>		
		

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:5, starttime: 11:14	
Heat: 5/7 Lane : 2 Athlete: VAN BRABANDT JULIETTE		Q-time: 00:26:85	
PB (50m pool): 00:26.85 Antwerpen 27/07/2025		PB (25m pool): 00:25.78 SB: 00:27.02 Luxembourg 01/02/2026	
	5 0 M		
PB	00:26.85		
	<i>00:26.85</i>		
		

Coach feedback:

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Event number: 31: 50M FREESTYLE WOMEN		Heat:6, starttime: 11:15
Heat: 6/7 Lane : 3 Athlete: MATTHEEUWS LIE		Q-time: 00:26:47
PB (50m pool): 00:26.47 Antwerpen 27/04/2025		PB (25m pool): 00:26.08 SB: 00:27.33 Amersfoort 22/02/2026
	5 0 M	
PB	00:26.47	
	<i>00:26.47</i>	
	

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:6, starttime: 11:15
Heat: 6/7 Lane : 8 Athlete: HOSTE CELESTE		Q-time: 00:27:38
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 34: 1500M FREESTYLE MEN							Heat:1, starttime: 11:56	
Heat: 1/1 Lane : 2 Athlete: RYDANT HANNES							Q-time: 17:33:69	
PB (50m pool): 17:33.69 Antwerpen 27/07/2025							PB (25m pool): 17:05.32 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	00:32.08	01:06.05	01:40.76	02:15.21	02:50.16	03:25.23	04:00.34	04:35.30
	<i>00:32.08</i>	<i>00:33.97</i>	<i>00:34.71</i>	<i>00:34.45</i>	<i>00:34.95</i>	<i>00:35.07</i>	<i>00:35.11</i>	<i>00:34.96</i>

	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	05:10.61	05:45.92	06:21.07	06:56.18	07:31.13	08:06.14	08:41.26	09:16.43
	<i>00:35.31</i>	<i>00:35.31</i>	<i>00:35.15</i>	<i>00:35.11</i>	<i>00:34.95</i>	<i>00:35.01</i>	<i>00:35.12</i>	<i>00:35.17</i>

	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	09:51.91	10:27.04	11:02.22	11:37.76	12:13.22	12:48.48	13:24.27	13:59.80
	<i>00:35.48</i>	<i>00:35.13</i>	<i>00:35.18</i>	<i>00:35.54</i>	<i>00:35.46</i>	<i>00:35.26</i>	<i>00:35.79</i>	<i>00:35.53</i>

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	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M	
PB	14:35.94	15:12.28	15:48.62	16:24.83	17:00.65	17:33.69	
	00:36.14	00:36.34	00:36.34	00:36.21	00:35.82	00:33.04	
	

Coach feedback: