

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Loones Matthias HEADCOACH

PB => Personal Best time

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

Event number: 18: 400M FREESTYLE MEN 15-18							Heat:2, starttime: 08:35	
Heat: 2/5 Lane : 4 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: 04:30.10 Zwembad Brigitte Becue 26/04/2026				
	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: 20: 50M BACKSTROKE MEN 15+										Heat:4, starttime: 09:30	
Heat: 4/13 Lane : 5 Athlete: DE DECKER TIBE								Q-time: 00:30:20			
PB (50m pool): 00:30.20 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:28.90 SB: 00:30.20 Zwembad Brigitte Becue 26/04/2026											
	5 0 M										
PB	00:30.20										
	00:30.20										
											

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+										Heat:5, starttime: 09:32	
Heat: 5/13 Lane : 4 Athlete: LAFAUT LEON										Q-time: 00:30:05	
PB (50m pool): 00:30.05 Antwerpen 22/03/2026					PB (25m pool): 00:30.39 SB: 00:30.05 Antwerpen 22/03/2026						
	5 0 M										
PB	00:30.05										
	00:30.05										
											

Coach feedback:

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Event number: 20: 50M BACKSTROKE MEN 15+				Heat:7, starttime: 09:35	
Heat: 7/13 Lane : 5 Athlete: CLAEYS OSCAR				Q-time: 00:29:72	
PB (50m pool): 00:29.68 Antwerpen 21/04/2024				PB (25m pool): 00:28.20 SB: 00:29.72 Antwerpen 22/03/2026	
	5 0 M				
PB	00:29.68				
	00:29.68				
					

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:7, starttime: 09:35	
Heat: 7/13 Lane : 7 Athlete: LEROUX WOUT				Q-time: 00:29:80	
PB (50m pool): 00:29.80 Antwerpen 17/05/2026				PB (25m pool): 00:28.09 SB: 00:29.80 Antwerpen 17/05/2026	
	5 0 M				
PB	00:29.80				
	00:29.80				
					

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:9, starttime: 09:38	
Heat: 9/13 Lane : 3 Athlete: ROSIERS NICOLAS				Q-time: 00:29:21	
PB (50m pool): 00:29.21 Antwerpen 17/05/2026				PB (25m pool): 00:29.95 SB: 00:29.21 Antwerpen 17/05/2026	
	5 0 M				
PB	00:29.21				
	00:29.21				
					

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:9, starttime: 09:38	
Heat: 9/13 Lane : 4 Athlete: NAAKTGEBOREN JAKOB				Q-time: 00:29:19	
PB (50m pool): 00:29.19 Antwerpen 17/05/2026				PB (25m pool): 00:28.26 SB: 00:29.19 Antwerpen 17/05/2026	
	5 0 M				
PB	00:29.19				
	00:29.19				
					

Coach feedback:

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Event number: 20: 50M BACKSTROKE MEN 15+				Heat:11, starttime: 09:41	
Heat: 11/13 Lane : 5 Athlete: DE MUL TOM				Q-time: 00:27:44	
PB (50m pool): 00:27.44 Antwerpen 17/05/2026				PB (25m pool): 00:25.77 SB: 00:27.44 Antwerpen 17/05/2026	
	5 0 M				
PB	00:27.44				
	00:27.44				
					

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:12, starttime: 09:42	
Heat: 12/13 Lane : 7 Athlete: BAEYE LEON				Q-time: 00:28:65	
PB (50m pool): 00:28.65 Antwerpen 27/04/2025				PB (25m pool): 00:28.02 SB: no time	
	5 0 M				
PB	00:28.65				
	00:28.65				
					

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN 15+				Heat:13, starttime: 09:44	
Heat: 13/13 Lane : 1 Athlete: VAN DEURSEN SIEBE				Q-time: 00:28:66	
PB (50m pool): 00:28.66 Antwerpen 27/07/2025				PB (25m pool): 00:27.66 SB: 00:28.70 Antwerpen 22/03/2026	
	5 0 M				
PB	00:28.66				
	00:28.66				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:3, starttime: 09:51	
Heat: 3/10 Lane : 5 Athlete: VAN HERPE MILLY					Q-time: 02:18:26	
PB (50m pool): 02:18.26 Antwerp 09/02/2025					PB (25m pool): 02:18.19 SB: 02:19.19 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.72	01:05.97	01:41.54	02:18.26		
	00:31.72	00:34.25	00:35.57	00:36.72		
						

Coach feedback:

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Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:7, starttime: 10:02
Heat: 7/10 Lane : 7 Athlete: SCHRAM MILA					Q-time: 02:14:73
PB (50m pool): 02:14.73 Antwerpen 08/03/2026			PB (25m pool): 02:11.09 SB: 02:14.73 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.92	01:04.46	01:39.62	02:14.73	
	00:30.92	00:33.54	00:35.16	00:35.11	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:8, starttime: 10:05
Heat: 8/10 Lane : 2 Athlete: VAN GYSEL MAITE					Q-time: 02:09:13
PB (50m pool): 02:09.13 Rotterdam 19/04/2026			PB (25m pool): 02:06.05 SB: 02:09.13 Rotterdam 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.93	01:02.64	01:36.26	02:09.13	
	00:29.93	00:32.71	00:33.62	00:32.87	
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 15+					Heat:9, starttime: 10:08
Heat: 9/10 Lane : 1 Athlete: DE DECKER FEBE					Q-time: 02:11:49
PB (50m pool): 02:11.49 Antwerpen 22/03/2026			PB (25m pool): 02:08.27 SB: 02:11.49 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.04	01:03.34	01:37.00	02:11.49	
	00:30.04	00:33.30	00:33.66	00:34.49	
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 15+					Heat:3, starttime: 10:19
Heat: 3/5 Lane : 6 Athlete: SCHRAM THOR					Q-time: 02:14:80
PB (50m pool): 02:12.27 Antwerpen 28/07/2024			PB (25m pool): 02:07.40 SB: 02:15.03 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:12.27	
	no time				
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:7, starttime: 10:42
Heat: 7/12 Lane : 4 Athlete: DE RUIJTER ELISE			Q-time: 01:10:89
PB (50m pool): 01:10.89 Antwerpen 08/03/2026			PB (25m pool): 01:09.14 SB: 01:10.89 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.23	01:10.89	
	00:34.23	00:36.66	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:10, starttime: 10:48
Heat: 10/12 Lane : 6 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: 01:07.27 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:32.57	01:07.00	
	00:32.57	00:34.43	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:11, starttime: 10:50
Heat: 11/12 Lane : 4 Athlete: VANHEUVERBEKE MARTHE			Q-time: 01:04:09
PB (50m pool): 01:04.09 Antwerpen 27/07/2025			PB (25m pool): 01:01.22 SB: 01:04.83 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	no time	01:04.09	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:11, starttime: 10:50
Heat: 11/12 Lane : 6 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: 01:10.01 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.03	01:06.96	
	00:33.03	00:33.93	
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:11, starttime: 10:50
Heat: 11/12 Lane : 8 Athlete: SCHRAM MILA			Q-time: 01:08:82
PB (50m pool): 01:08.82 Antwerpen 17/05/2026			PB (25m pool): 01:08.20 SB: 01:08.82 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:33.33	01:08.82	
	00:33.33	00:35.49	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 15+			Heat:12, starttime: 10:53
Heat: 12/12 Lane : 6 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: 01:07.05 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:04.72	
	no time		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:4, starttime: 10:59
Heat: 4/22 Lane : 3 Athlete: DE DECKER TIBE			Q-time: 00:58:63
PB (50m pool): 00:58.63 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 00:56.57 SB: 00:58.63 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:28.80	00:58.63	
	00:28.80	00:29.83	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:6, starttime: 11:02
Heat: 6/22 Lane : 8 Athlete: DE JAEGER ANTON			Q-time: 00:58:03
PB (50m pool): 00:58.03 Antwerpen 27/04/2025			PB (25m pool): 00:57.08 SB: 00:59.08 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:27.99	00:58.03	
	00:27.99	00:30.04	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:8, starttime: 11:05
Heat: 8/22 Lane : 2 Athlete: LOEYS EWOUT			Q-time: 00:57:67
PB (50m pool): 00:57.67 Antwerpen 08/03/2026			PB (25m pool): 00:56.52 SB: 00:57.67 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.76	00:57.67	
	00:27.76	00:29.91	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:9, starttime: 11:07
Heat: 9/22 Lane : 4 Athlete: LAFAUT JEROME			Q-time: 00:57:22
PB (50m pool): 00:57.22 Antwerpen 08/03/2026			PB (25m pool): 00:55.81 SB: 00:57.22 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.24	00:57.22	
	00:27.24	00:29.98	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:15, starttime: 11:15
Heat: 15/22 Lane : 5 Athlete: VAN DEURSEN SIEBE			Q-time: 00:55:81
PB (50m pool): 00:55.51 Antwerpen 27/07/2025			PB (25m pool): 00:53.91 SB: 00:55.96 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	no time	00:55.51	
	no time		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:18, starttime: 11:20
Heat: 18/22 Lane : 2 Athlete: LEROUX WOUT			Q-time: 00:54:56
PB (50m pool): 00:54.56 Antwerpen 17/05/2026			PB (25m pool): 00:54.03 SB: 00:54.56 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:26.39	00:54.56	
	00:26.39	00:28.17	
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+			Heat:20, starttime: 11:23
Heat: 20/22 Lane : 1 Athlete: SCHRAM THOR			Q-time: 00:53:58
PB (50m pool): 00:53.58 Antwerpen 17/05/2026			PB (25m pool): 00:53.43 SB: 00:53.58 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:26.11	00:53.58	
	00:26.11	00:27.47	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:21, starttime: 11:24
Heat: 21/22 Lane : 2 Athlete: DE MUL TOM			Q-time: 00:53:01
PB (50m pool): 00:53.01 Amersfoort 22/02/2026			PB (25m pool): 00:51.13 SB: 00:53.01 Amersfoort 22/02/2026
	5 0 M	1 0 0 M	
PB	00:25.15	00:53.01	
	00:25.15	00:27.86	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+			Heat:22, starttime: 11:25
Heat: 22/22 Lane : 4 Athlete: BAEYE LEON			Q-time: 00:49:77
PB (50m pool): 00:49.77 Antwerpen 17/05/2026			PB (25m pool): 00:48.97 SB: 00:49.77 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:23.90	00:49.77	
	00:23.90	00:25.87	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:7, starttime: 11:39
Heat: 7/11 Lane : 6 Athlete: VAN GYSEL MAITE			Q-time: 01:19:02
PB (50m pool): 01:19.02 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:17.54 SB: 01:19.02 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:37.70	01:19.02	
	00:37.70	00:41.32	
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:10, starttime: 11:44
Heat: 10/11 Lane : 4 Athlete: GOBERT LIES			Q-time: 01:11:02
PB (50m pool): 01:10.44 Antwerpen 14/04/2024			PB (25m pool): 01:09.68 SB: 01:11.92 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:32.80	01:10.44	
	00:32.80	00:37.64	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 15+			Heat:11, starttime: 11:46
Heat: 11/11 Lane : 5 Athlete: RAEMDONCK BENTHE-MARIE			Q-time: 01:12:66
PB (50m pool): 01:12.66 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:11.12 SB: 01:12.66 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:34.75	01:12.66	
	00:34.75	00:37.91	
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:5, starttime: 12:05
Heat: 5/17 Lane : 3 Athlete: DE RUIJTER ELISE			Q-time: 00:31:61
PB (50m pool): 00:31.61 Gent 08/02/2026			PB (25m pool): 00:31.50 SB: 00:31.61 Gent 08/02/2026
	5 0 M		
PB	00:31.61		
	00:31.61		
			

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+			Heat:10, starttime: 12:10
Heat: 10/17 Lane : 6 Athlete: VAN HERPE MILLY			Q-time: 00:30:79
PB (50m pool): 00:30.79 Antwerpen 15/03/2026			PB (25m pool): 00:32.34 SB: 00:30.79 Antwerpen 15/03/2026
	5 0 M		
PB	00:30.79		
	00:30.79		
			

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:11, starttime: 12:11																				
Heat: 11/17 Lane : 1 Athlete: SCHRAM MILA																				Q-time: 00:30:70										
PB (50m pool): 00:30.70 Amersfoort 22/02/2026										PB (25m pool): 00:30.55 SB: 00:30.70 Amersfoort 22/02/2026																				
	5 0 M																													
PB	00:30.70																													
	00:30.70																													
																														

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:13, starttime: 12:13																			
Heat: 13/17 Lane : 1 Athlete: GOETHALS HILKJE																				Q-time: 00:30:13									
PB (50m pool): 00:30.13 Antwerp 09/02/2025										PB (25m pool): no time SB: 00:30.89 Lochristi 01/02/2026																			
	5 0 M																												
PB	00:30.13																												
	00:30.13																												
																													

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:13, starttime: 12:13																				
Heat: 13/17 Lane : 3 Athlete: GOBERT LIES																				Q-time: 00:29:98										
PB (50m pool): 00:29.98 Gent 08/02/2026										PB (25m pool): 00:29.60SB: 00:29.98 Gent 08/02/2026																				
	5 0 M																													
PB	00:29.98																													
	00:29.98																													
																														

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:14, starttime: 12:14																				
Heat: 14/17 Lane : 4 Athlete: DE DECKER FEBE																				Q-time: 00:29:54										
PB (50m pool): 00:29.85 Antwerpen 22/03/2026										PB (25m pool): 00:30.05 SB: 00:29.85 Antwerpen 22/03/2026																				
	5 0 M																													
PB	00:29.85																													
	00:29.85																													
																														

Coach feedback:

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Event number: 27: 50M BUTTERFLY WOMEN 15+							Heat:15, starttime: 12:15		
Heat: 15/17 Lane : 3 Athlete: HOSTE CELESTE							Q-time: 00:28:58		
PB (50m pool): 00:28.96 Antwerpen 22/03/2026							PB (25m pool): no time SB: 00:28.96 Antwerpen 22/03/2026		
	5 0 M								
PB	00:28.96								
	00:28.96								
									

Coach feedback:

Event number: 27: 50M BUTTERFLY WOMEN 15+										Heat:15, starttime: 12:15																													
Heat: 15/17																				Lane : 4					Athlete: MATTHEEUWS LIE										Q-time: 00:28:28				
PB (50m pool): 00:28.28										Antwerpen 27/07/2025										PB (25m pool): 00:27.95										SB: 00:28.38					Antwerpen 22/03/2026				
	5 0 M																																						
PB	00:28.28																																						
	00:28.28																																						
																																							

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:5, starttime: 12:31	
Heat: 5/19 Lane : 5 Athlete: LAFAUT JEROME					Q-time: 02:27:36	
PB (50m pool): 02:27.36 Antwerpen 20/07/2025			PB (25m pool): 02:20.04 SB: 02:29.59 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.19	01:10.27	01:53.50	02:27.36		
	00:31.19	00:39.08	00:43.23	00:33.86		
						

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:11, starttime: 12:49	
Heat: 11/19 Lane : 5 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: 02:23.29 Zwembad Brigitte Becue 26/04/2026						
	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:

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Event number: 28: 200M MEDLEY MEN 15+					Heat:12, starttime: 12:52
Heat: 12/19 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: 02:22.52 Zwembad Brigitte Becue 26/04/2026
	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: 28: 200M MEDLEY MEN 15+					Heat:15, starttime: 13:00
Heat: 15/19 Lane : 2 Athlete: CLAEYS OSCAR					Q-time: 02:19:01
PB (50m pool): 02:17.82 ANTWERPEN 30/07/2023					PB (25m pool): 02:16.41 SB: 02:19.09 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:17.82	
	no time				
					

Coach feedback: