

CB-BK WE2 2026: Session: 4: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 15:00 untill 15:45. 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: 30: 400M FREESTYLE MEN 19+							Heat:1, starttime: 16:00	
Heat: 1/3 Lane : 4 Athlete: DE JAEGER ANTON							Q-time: 04:39:63	
PB (50m pool): 04:39.49 Antwerpen 28/07/2024				PB (25m pool): 04:32.91 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	04:39.49
	<i>no time</i>							
								

Coach feedback:

Event number: 30: 400M FREESTYLE MEN 19+							Heat:2, starttime: 16:06	
Heat: 2/3 Lane : 4 Athlete: KOCKX HENRI							Q-time: 04:15:91	
PB (50m pool): 04:15.91 Antwerpen 27/07/2025				PB (25m pool): 04:15.90SB: 04:21.74 Antwerpen 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	00:29.05	01:00.51	01:32.77	02:05.63	02:38.26	03:10.96	03:43.68	04:15.91
	00:29.05	00:31.46	00:32.26	00:32.86	00:32.63	00:32.70	00:32.72	00:32.23
								

Coach feedback:

Event number: 33: 4x100M FREESTYLE MIXED 15+							Heat:3, starttime: 17:39	
Heat: 3/5 Lane : 5 Athlete: TEAM MEGA 4							Q-time: 04:02:42	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback:

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Event number: 33: 4x100M FREESTYLE MIXED 15+							Heat:4, starttime: 17:44	
Heat: 4/5 Lane : 8 Athlete: TEAM MEGA 2							Q-time: 03:57:45	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback:

Event number: 33: 4x100M FREESTYLE MIXED 15+							Heat:5, starttime: 17:48	
Heat: 5/5 Lane : 2 Athlete: TEAM MEGA 12							Q-time: 03:49:24	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback:

Event number: 33: 4x100M FREESTYLE MIXED 15+							Heat:5, starttime: 17:48	
Heat: 5/5 Lane : 5 Athlete: TEAM MEGA 1							Q-time: 03:40:34	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: