

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 12:55 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verbauwen Pascale HEADCOACH

PB => Personal Best time

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

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:02	
Heat: 4/4 Lane : 3 Athlete: HUENS BRIEK							Q-time: 05:08:57	
PB (25m pool): 05:08.57 Sint-Amandsberg 19/10/2025				PB (50m pool): 05:14.95SB: 05:08.57 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:35.24		01:13.95		01:53.05		02:32.31
	00:35.24		00:38.71		00:39.10		00:39.26	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:11.88		03:51.22		04:30.46		05:08.57
	00:39.57		00:39.34		00:39.24		00:38.11	
								

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+							Heat:5, starttime: 15:41	
Heat: 5/7 Lane : 5 Athlete: DE BAL SUIJS MAURO						Q-time: 01:22:62		
PB (25m pool): 01:22.62 Eeklo 21/09/2025				PB (50m pool): 01:27.00SB: 01:22.62 Eeklo 21/09/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:39.09		01:22.62				
	00:39.09		00:43.53					
								

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/5 Lane : 4 Athlete: HUENS BRIEK				Q-time: 01:22:88	
PB (25m pool): 01:22.88 Temse 17/11/2025			PB (50m pool): 01:25.77 SB: 01:22.88 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.23		01:22.88	
	00:41.23		00:41.65		
					

Coach feedback:

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Event number: 9: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 16:35
Heat: 5/5 Lane : 1 Athlete: DE BAL SUIJS MAURO					Q-time: 01:10:95
PB (25m pool): 01:10.95 Temse 17/11/2025					PB (50m pool): 01:17.86 SB: 01:10.95 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.36		01:10.95	
	00:34.36		00:36.59		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:6, starttime: 17:23
Heat: 6/10 Lane : 8 Athlete: HUENS BRIEK					Q-time: 01:10:07
PB (25m pool): 01:10.07 Temse 17/11/2025					PB (50m pool): 01:11.23 SB: 01:10.07 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.31		01:10.07	
	00:34.31		00:35.76		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:9, starttime: 17:28
Heat: 9/10 Lane : 8 Athlete: DE BAL SUIJS MAURO					Q-time: 01:01:44
PB (25m pool): 01:01.44 Temse 17/11/2025					PB (50m pool): 01:07.22 SB: 01:01.44 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.91		01:01.44	
	00:29.91		00:31.53		
					

Coach feedback: