

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 12:30 untill 13:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Renterghem Delphine HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 13:42
Heat: 6/11 Lane : 8 Athlete: BLANCQUAERT CAMILLE			Q-time: 01:40:31
PB (50m pool): 01:40.31 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:33.25 SB: no time			
	5 0 M	1 0 0 M	
PB	00:46.35	01:40.31	
	00:46.35	00:53.96	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 13:44
Heat: 7/11 Lane : 1 Athlete: VANDER HOOGERSTRAETE NORA			Q-time: 01:34:59
PB (50m pool): 01:34.59 Antwerpen 20/07/2025 PB (25m pool): 01:30.80 SB: no time			
	5 0 M	1 0 0 M	
PB	00:44.42	01:34.59	
	00:44.42	00:50.17	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 13:46
Heat: 8/11 Lane : 3 Athlete: WAIGNEIN ROSIE			Q-time: 01:32:04
PB (50m pool): 01:32.04 Antwerpen 20/07/2025 PB (25m pool): 01:24.14 SB: no time			
	5 0 M	1 0 0 M	
PB	00:44.25	01:32.04	
	00:44.25	00:47.79	
			

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: MEGA

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 13:48
Heat: 9/11 Lane : 6 Athlete: REGNIERS LAURA			Q-time: 01:27:71
PB (50m pool): 01:23.97 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 01:25.38 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:23.97	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 13:50
Heat: 10/11 Lane : 4 Athlete: DE RUIJTER ELISE			Q-time: 01:23:39
PB (50m pool): 01:23.29 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:19.66 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:23.29	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 13:52
Heat: 11/11 Lane : 3 Athlete: VAN DER PLAS LOTTE			Q-time: 01:20:78
PB (50m pool): 01:20.78 Antwerpen 20/07/2025 PB (25m pool): 01:17.20 SB: no time			
	5 0 M	1 0 0 M	
PB	00:38.23	01:20.78	
	00:38.23	00:42.55	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 13:52
Heat: 11/11 Lane : 5 Athlete: HUENS NOOR			Q-time: 01:20:55
PB (50m pool): 01:26.51 Zwembad Brigitte Becue Oostend 19/05/2025 PB (25m pool): 01:20.55 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:26.51	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:1, starttime: 13:55
Heat: 1/7 Lane : 4 Athlete: RABAEYS LUCAS			Q-time: 01:37:48
PB (50m pool): 01:37.48 Antwerpen 13/07/2025			PB (25m pool): 01:32.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.86	01:37.48	
	00:46.86	00:50.62	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:1, starttime: 13:55
Heat: 1/7 Lane : 7 Athlete: HUENS BRIEK			Q-time: 01:42:97
PB (50m pool): 01:42.97 Antwerpen 13/07/2025			PB (25m pool): 01:38.18 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.18	01:42.97	
	00:50.18	00:52.79	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:3, starttime: 13:59
Heat: 3/7 Lane : 6 Athlete: ROSIERS MATHIAS			Q-time: 01:26:34
PB (50m pool): 01:26.34 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:22.94 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.75	01:26.34	
	00:41.75	00:44.59	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:6, starttime: 14:05
Heat: 6/7 Lane : 7 Athlete: ROSIERS NICOLAS			Q-time: 01:17:35
PB (50m pool): 01:17.35 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:13.27 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.88	01:17.35	
	00:35.88	00:41.47	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:7, starttime: 14:07
Heat: 7/7 Lane : 5 Athlete: MCLEAN BRETT			Q-time: 01:08:84
PB (50m pool): 01:14.57 Antwerp 02/02/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:35.15	01:14.57	
	00:35.15	00:39.42	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 14:14
Heat: 4/7 Lane : 7 Athlete: BLANCQUAERT CAMILLE			Q-time: 00:36:08
PB (50m pool): no time			PB (25m pool): 00:32.22 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 14:17
Heat: 6/7 Lane : 1 Athlete: VAN LAECKE LIESE			Q-time: 00:34:36
PB (50m pool): 00:34.36 Antwerpen 27/07/2025			PB (25m pool): 00:33.52 SB: no time
	5 0 M		
PB	00:34.36		
	00:34.36		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 14:17
Heat: 6/7 Lane : 7 Athlete: BOEYKENS CHARLOTTE			Q-time: 00:34:29
PB (50m pool): 00:34.29 Antwerpen 27/07/2025			PB (25m pool): 00:33.83 SB: no time
	5 0 M		
PB	00:34.29		
	00:34.29		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 14:19
Heat: 7/7 Lane : 2 Athlete: HUENS NOOR		Q-time: 00:31:54
PB (50m pool): 00:31.54 Antwerpen 27/04/2025 PB (25m pool): 00:30.42 SB: no time		
	5 0 M	
PB	00:31.54	
	00:31.54	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 14:19
Heat: 7/7 Lane : 3 Athlete: MATTHEEUWS LIE		Q-time: 00:30:72
PB (50m pool): 00:30.13 Antwerpen 21/04/2024 PB (25m pool): 00:29.15 SB: no time		
	5 0 M	
PB	00:30.13	
	00:30.13	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 14:19
Heat: 7/7 Lane : 4 Athlete: GOETHALS HILKJE		Q-time: 00:29:83
PB (50m pool): 00:30.94 ANTWERPEN 31/07/2022 PB (25m pool): 00:29.41 SB: no time		
	5 0 M	
PB	00:30.94	
	00:30.94	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 14:19
Heat: 7/7 Lane : 6 Athlete: VAN GYSEL MAITE		Q-time: 00:31:25
PB (50m pool): 00:34.58 Zwembad Brigitte Becue Oostend 19/05/2024 PB (25m pool): 00:31.25 SB: no time		
	5 0 M	
PB	00:34.58	
	00:34.58	
		

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 14:19
Heat: 7/7 Lane : 8 Athlete: LOONES THULINE		Q-time: 00:32:69
PB (50m pool): no time		PB (25m pool): 00:32.69 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:1, starttime: 14:20
Heat: 1/5 Lane : 5 Athlete: HADJ FRADJ TAYSIR		Q-time: 00:38:41
PB (50m pool): 00:38.41 Eindhoven 16/03/2025		PB (25m pool): 00:35.03 SB: no time
	5 0 M	
PB	00:38.41	
	00:38.41	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 14:22
Heat: 2/5 Lane : 8 Athlete: GILLET JOLAN		Q-time: 00:36:80
PB (50m pool): 00:36.80 Eindhoven 16/03/2025		PB (25m pool): 00:35.83 SB: no time
	5 0 M	
PB	00:36.80	
	00:36.80	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 14:24
Heat: 3/5 Lane : 2 Athlete: DE DECKER TIBE		Q-time: 00:35:55
PB (50m pool): 00:41.06 Kortrijk 01/05/2022		PB (25m pool): 00:30.08 SB: no time
	5 0 M	
PB	00:41.06	
	00:41.06	
		

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 14:24
Heat: 3/5 Lane : 8 Athlete: DE BAL SUIJS MAURO		Q-time: 00:35:79
PB (50m pool): 00:35.79 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.20 SB: no time		
	5 0 M	
PB	00:35.79	
	00:35.79	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 14:25
Heat: 4/5 Lane : 2 Athlete: GILLET AARON		Q-time: 00:33:15
PB (50m pool): 00:33.15 Antwerpen 20/04/2025 PB (25m pool): 00:31.81 SB: no time		
	5 0 M	
PB	00:33.15	
	00:33.15	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 14:25
Heat: 4/5 Lane : 4 Athlete: ROSIERS NICOLAS		Q-time: 00:31:44
PB (50m pool): 00:31.44 Eindhoven 16/03/2025 PB (25m pool): 00:29.95 SB: no time		
	5 0 M	
PB	00:31.44	
	00:31.44	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 14:27
Heat: 5/5 Lane : 4 Athlete: DE MUL TOM		Q-time: 00:27:49
PB (50m pool): 00:27.49 Antwerp 09/02/2025 PB (25m pool): 00:25.77 SB: no time		
	5 0 M	
PB	00:27.49	
	00:27.49	
		

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 14:34
Heat: 5/12	Lane : 2	Athlete: VANDER HOOGERSTRAETE NORA
PB (50m pool): 00:44.49 Antwerp 26/01/2025		PB (25m pool): 00:37.81 SB: no time
	5 0 M	
PB	00:44.49	
	00:44.49	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 14:38
Heat: 8/12	Lane : 5	Athlete: WAIGNEIN ROSIE
PB (50m pool): 00:37.01 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:33.98 SB: no time
	5 0 M	
PB	00:37.01	
	00:37.01	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:9, starttime: 14:39
Heat: 9/12	Lane : 1	Athlete: BLANCQUAERT CAMILLE
PB (50m pool): 00:40.83 Antwerpen 29/01/2023		PB (25m pool): 00:31.88 SB: no time
	5 0 M	
PB	00:40.83	
	00:40.83	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:10, starttime: 14:40
Heat: 10/12	Lane : 1	Athlete: REGNIERS LAURA
PB (50m pool): 00:32.96 Zwembad Brigitte Becue Oostend 19/05/2025		PB (25m pool): 00:34.33 SB: no time
	5 0 M	
PB	00:32.96	
	00:32.96	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 14:40
Heat: 10/12 Lane : 5 Athlete: VAN LAECKE LIESE			Q-time: 00:33:69
PB (50m pool): 00:34.40 Zwembad Brigitte Becue Oostend 19/05/2024 PB (25m pool): 00:33.69 SB: no time			
	5 0 M		
PB	00:34.40		
	00:34.40		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 14:41
Heat: 11/12 Lane : 6 Athlete: VAN DER PLAS LOTTE			Q-time: 00:32:35
PB (50m pool): 00:38.76 Antwerp 28/01/2024 PB (25m pool): 00:32.05 SB: no time			
	5 0 M		
PB	00:38.76		
	00:38.76		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 14:42
Heat: 12/12 Lane : 3 Athlete: GOETHALS HILKJE			Q-time: 00:29:58
PB (50m pool): 00:29.01 Olympic Pool Wezenberg, Antwer 24/07/2024 PB (25m pool): 00:29.40 SB: no time			
	5 0 M		
PB	00:29.01		
	00:29.01		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 14:42
Heat: 12/12 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: no time			
	5 0 M		
PB	00:28.28		
	00:28.28		
			

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:12, starttime: 14:42																													
Heat: 12/12										Lane : 5										Athlete: VAN GYSEL MAITE										Q-time: 00:29:41									
PB (50m pool): 00:31.83 Zwembad Brigitte Becue Oostend 19/05/2019 PB (25m pool): 00:29.41 SB: no time																																							
		5 0 M																																					
PB		00:31.83																																					
		00:31.83																																					
																																							

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:12, starttime: 14:42																													
Heat: 12/12																				Lane : 6					Athlete: LOONES THULINE										Q-time: 00:30:12				
PB (50m pool): 00:30.59																				Aalst 03/11/2019					PB (25m pool): 00:30.12										SB: no time				
	5 0 M																																						
PB	00:30.59																																						
	00:30.59																																						
																																							

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+							Heat:3, starttime: 14:46	
Heat: 3/7 Lane : 5 Athlete: HADJ FRADJ TAYSIR							Q-time: 00:35:17	
PB (50m pool): 00:35.17 Antwerpen 13/07/2025							PB (25m pool): 00:34.02 SB: no time	
	5 0 M							
PB	00:35.17							
	00:35.17							
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+							Heat:4, starttime: 14:47	
Heat: 4/7 Lane : 4 Athlete: ROSIERS MATHIAS							Q-time: 00:32:69	
PB (50m pool): 00:32.69 Antwerpen 13/07/2025							PB (25m pool): 00:32.13 SB: no time	
	5 0 M							
PB	00:32.69							
	00:32.69							
								

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 14:47
Heat: 4/7 Lane : 8 Athlete: GILLET JOLAN		Q-time: 00:34:99
PB (50m pool): 00:34.99 Antwerpen 13/07/2025 PB (25m pool): 00:39.17 SB: no time		
	5 0 M	
PB	00:34.99	
	00:34.99	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 14:48
Heat: 5/7 Lane : 1 Athlete: GILLET AARON		Q-time: 00:31:60
PB (50m pool): 00:31.60 Eindhoven 16/03/2025 PB (25m pool): 00:30.75 SB: no time		
	5 0 M	
PB	00:31.60	
	00:31.60	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:7, starttime: 14:50
Heat: 7/7 Lane : 1 Athlete: DE JAEGER ANTON		Q-time: 00:28:13
PB (50m pool): 00:30.28 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 00:28.13 SB: no time		
	5 0 M	
PB	00:30.28	
	00:30.28	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:7, starttime: 14:50
Heat: 7/7 Lane : 2 Athlete: MCLEAN BRETT		Q-time: 00:27:77
PB (50m pool): 00:29.10 Antwerp 02/02/2025 PB (25m pool): no time SB: no time		
	5 0 M	
PB	00:29.10	
	00:29.10	
		

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 13+										Heat:7, starttime: 14:50	
Heat: 7/7 Lane : 4 Athlete: DE MUL TOM										Q-time: 00:25:83	
PB (50m pool): 00:25.83 Antwerpen 27/04/2025										PB (25m pool): 00:25.10SB: no time	
	5 0 M										
PB	00:25.83										
	00:25.83										
											

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:7, starttime: 14:50	
Heat: 7/7 Lane : 5 Athlete: BAEYE LEON										Q-time: 00:26:13	
PB (50m pool): 00:26.51 Antwerpen 27/07/2025										PB (25m pool): 00:26.13SB: no time	
	5 0 M										
PB	00:26.51										
	00:26.51										
											

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:7, starttime: 14:50	
Heat: 7/7 Lane : 7 Athlete: VANBESIEN LOWIE										Q-time: 00:27:91	
PB (50m pool): 00:27.91 Antwerpen 27/07/2025										PB (25m pool): 00:27.58SB: no time	
	5 0 M										
PB	00:27.91										
	00:27.91										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+								Heat:4, starttime: 15:11	
Heat: 4/6 Lane : 4 Athlete: MARTELÉ LORE								Q-time: 05:05:10	
PB (50m pool): 05:05.10 Zwembad Brigitte Becue 30/05/2025								PB (25m pool): 04:54.93 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	00:35.28	01:14.31	01:53.17	02:31.88	03:10.35	03:49.14	04:27.69	05:05.10	
	00:35.28	00:39.03	00:38.86	00:38.71	00:38.47	00:38.79	00:38.55	00:37.41	
									

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 15:23	
Heat: 6/6 Lane : 4 Athlete: VINCK TINE							Q-time: 04:36:81	
PB (50m pool): 04:31.89 Antwerpen 21/04/2024				PB (25m pool): 04:29.68SB: 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	04:31.89
	<i>no time</i>							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 15:23	
Heat: 6/6 Lane : 5 Athlete: DHOOGHE ELINA							Q-time: 04:39:19	
PB (50m pool): 04:34.86 Antwerpen 21/04/2024				PB (25m pool): 04:31.00 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	04:34.86
	no time							
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:1, starttime: 15:29	
Heat: 1/6 Lane : 5 Athlete: DE BAL SUIJS MAURO							Q-time: 05:33:00	
PB (50m pool): 05:33.00 Eindhoven 16/03/2025				PB (25m pool): 05:04.87 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	00:35.17	01:16.18	01:58.22	02:41.70	03:25.52	04:09.81	04:52.79	05:33.00
	00:35.17	00:41.01	00:42.04	00:43.48	00:43.82	00:44.29	00:42.98	00:40.21
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 15:35	
Heat: 2/6 Lane : 5 Athlete: GILLET AARON							Q-time: 05:05:92	
PB (50m pool): 05:05.92 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 05:15.36 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	00:33.29	01:11.52	01:50.54	02:29.30	03:08.99	03:48.53	04:27.92	05:05.92
	00:33.29	00:38.23	00:39.02	00:38.76	00:39.69	00:39.54	00:39.39	00:38.00
								

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 15:35	
Heat: 2/6 Lane : 7 Athlete: HUENS BRIEK							Q-time: 05:14:95	
PB (50m pool): 05:14.95 Antwerpen 20/07/2025				PB (25m pool): 05:04.24 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	00:37.45	01:17.15	01:57.83	02:38.55	03:19.02	03:59.33	04:38.28	05:14.95
	00:37.45	00:39.70	00:40.68	00:40.72	00:40.47	00:40.31	00:38.95	00:36.67
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 15:41	
Heat: 3/6 Lane : 8 Athlete: MARTELé STAN							Q-time: 05:02:73	
PB (50m pool): 05:13.76 Antwerpen 20/04/2025				PB (25m pool): 05:02.73 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	00:34.56	01:14.29	01:54.13	02:34.84	03:15.00	03:55.56	04:35.02	05:13.76
	00:34.56	00:39.73	00:39.84	00:40.71	00:40.16	00:40.56	00:39.46	00:38.74
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 15:46	
Heat: 4/6 Lane : 3 Athlete: VERMEULEN DAAN							Q-time: 04:50:20	
PB (50m pool): 05:08.01 Eindhoven 16/03/2025				PB (25m pool): 04:50.20 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	00:33.67	01:12.76	01:51.27	02:30.79	03:10.39	03:51.45	04:30.66	05:08.01
	00:33.67	00:39.09	00:38.51	00:39.52	00:39.60	00:41.06	00:39.21	00:37.35
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 15:46	
Heat: 4/6 Lane : 4 Athlete: ROELS RUBEN							Q-time: 04:42:81	
PB (50m pool): 04:47.96 Gent (Rozebroeken) 03/03/2024				PB (25m pool): 04:42.81 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	04:47.96
	no time							
								

Coach feedback:

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: MEGA

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 15:46	
Heat: 4/6 Lane : 5 Athlete: HUENS WARRE							Q-time: 04:48:33	
PB (50m pool): 04:52.15 Kortrijk 26/12/2024				PB (25m pool): 04:48.33SB: 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	00:32.87	01:08.45	01:45.25	02:22.31	03:00.11	03:37.91	04:15.73	04:52.15
	00:32.87	00:35.58	00:36.80	00:37.06	00:37.80	00:37.80	00:37.82	00:36.42
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:6, starttime: 15:57	
Heat: 6/6 Lane : 5 Athlete: RYDANT HANNES							Q-time: 04:19:06	
PB (50m pool): 04:19.49 CHARLEROI 28/07/2019				PB (25m pool): 04:16.93SB: 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	04:19.49
	no time							
								

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 16:09	
Heat: 2/2 Lane : 7 Athlete: TEAM MEGA 1							Q-time: 99:99:99	
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: