

PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 17:00 untill 17:50. 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: 10: 100M BACKSTROKE WOMEN 11-12				Heat:5, starttime: 18:11
Heat: 5/5 Lane : 4 Athlete: VANDER HOOGERSTRAETE NORA				Q-time: 01:15:51
PB (50m pool): 01:15.51 Antwerpen 20/07/2025		PB (25m pool): 01:14.97 SB: no time		
	5 0 M	1 0 0 M		
PB	00:36.99	01:15.51		
	00:36.99	00:38.52		
				

Coach feedback:

Event number: 12: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 18:21
Heat: 2/2 Lane : 8 Athlete: BLANCQUAERT CAMILLE					Q-time: 03:05:46
PB (50m pool): 03:05.46 Eindhoven 16/03/2025			PB (25m pool): 02:53.44 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.10	01:26.26	02:16.68	03:05.46	
	00:39.10	00:47.16	00:50.42	00:48.78	
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+				Heat:2, starttime: 18:27
Heat: 2/11 Lane : 4 Athlete: HUENS BRIEK				Q-time: 01:11:23
PB (50m pool): 01:11.23 Antwerpen 20/07/2025		PB (25m pool): 01:09.47 SB: no time		
	5 0 M	1 0 0 M		
PB	00:35.03	01:11.23		
	00:35.03	00:36.20		
				

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:2, starttime: 18:27
Heat: 2/11 Lane : 8 Athlete: RABAEYS LUCAS			Q-time: 01:19:38
PB (50m pool): 01:19.38 Antwerpen 13/07/2025			PB (25m pool): 01:12.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.59	01:19.38	
	00:37.59	00:41.79	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:4, starttime: 18:30
Heat: 4/11 Lane : 7 Athlete: DE BAL SUIJS MAURO			Q-time: 01:07:22
PB (50m pool): 01:07.22 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:01.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.01	01:07.22	
	00:32.01	00:35.21	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 18:32
Heat: 5/11 Lane : 4 Athlete: HADJ FRADJ TAYSIR			Q-time: 01:05:14
PB (50m pool): 01:05.14 Antwerpen 13/07/2025			PB (25m pool): 01:03.12 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.72	01:05.14	
	00:30.72	00:34.42	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 18:32
Heat: 5/11 Lane : 6 Athlete: GILLET JOLAN			Q-time: 01:05:34
PB (50m pool): 01:05.34 Antwerpen 13/07/2025			PB (25m pool): 01:03.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.88	01:05.34	
	00:30.88	00:34.46	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 18:32
Heat: 5/11 Lane : 8 Athlete: DE DECKER TIBE			Q-time: 01:06:06
PB (50m pool): 01:04.13 Antwerpen 20/04/2025			PB (25m pool): 00:59.36 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.90	01:04.13	
	00:30.90	00:33.23	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:6, starttime: 18:33
Heat: 6/11 Lane : 4 Athlete: ROSIERS MATHIAS			Q-time: 01:03:32
PB (50m pool): 01:03.32 Antwerpen 13/07/2025			PB (25m pool): 01:01.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.73	01:03.32	
	00:30.73	00:32.59	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 18:35
Heat: 7/11 Lane : 7 Athlete: GILLET AARON			Q-time: 01:02:27
PB (50m pool): 01:02.27 Antwerpen 13/07/2025			PB (25m pool): 01:00.61 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.42	01:02.27	
	00:30.42	00:31.85	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 18:37
Heat: 8/11 Lane : 6 Athlete: HUENS WARRE			Q-time: 01:00:37
PB (50m pool): 01:00.37 Antwerpen 13/07/2025			PB (25m pool): 00:59.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.29	01:00.37	
	00:29.29	00:31.08	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 18:38
Heat: 9/11 Lane : 2 Athlete: ROSIERS NICOLAS			Q-time: 00:58:78
PB (50m pool): 00:58.78 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:56.05 SB: no time			
	5 0 M	1 0 0 M	
PB	00:27.74	00:58.78	
	00:27.74	00:31.04	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 18:38
Heat: 9/11 Lane : 8 Athlete: LOEYS EWOUT			Q-time: 00:59:64
PB (50m pool): 00:59.64 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:56.98 SB: no time			
	5 0 M	1 0 0 M	
PB	00:28.98	00:59.64	
	00:28.98	00:30.66	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 18:40
Heat: 10/11 Lane : 8 Athlete: VANBESIEN LOWIE			Q-time: 00:58:28
PB (50m pool): 00:58.03 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 00:57.53 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	00:58.03	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 18:41
Heat: 11/11 Lane : 4 Athlete: BAEYE LEON			Q-time: 00:48:97
PB (50m pool): 00:51.28 Antwerpen 27/07/2025 PB (25m pool): 00:48.97 SB: no time			
	5 0 M	1 0 0 M	
PB	00:24.41	00:51.28	
	00:24.41	00:26.87	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 18:41
Heat: 11/11 Lane : 5 Athlete: DE MUL TOM			Q-time: 00:53:24
PB (50m pool): 00:53.24 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:51.13 SB: no time			
	5 0 M	1 0 0 M	
PB	00:25.42	00:53.24	
	00:25.42	00:27.82	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 18:41
Heat: 11/11 Lane : 8 Athlete: DE JAEGER ANTON			Q-time: 00:57:08
PB (50m pool): 00:58.03 Antwerpen 27/04/2025 PB (25m pool): 00:57.08 SB: no time			
	5 0 M	1 0 0 M	
PB	00:27.99	00:58.03	
	00:27.99	00:30.04	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 18:56
Heat: 8/15 Lane : 3 Athlete: VANDER HOOGERSTRAETE NORA			Q-time: 01:11:19
PB (50m pool): 01:11.19 Antwerpen 20/07/2025 PB (25m pool): 01:09.89 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.18	01:11.19	
	00:34.18	00:37.01	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 19:00
Heat: 10/15 Lane : 1 Athlete: WAIGNEIN ROSIE			Q-time: 01:09:05
PB (50m pool): 01:09.05 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:04.62 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.51	01:09.05	
	00:33.51	00:35.54	
			

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 19:02
Heat: 11/15 Lane : 2 Athlete: REGNIERS LAURA			Q-time: 01:06:58
PB (50m pool): 01:05.12 ANTWERPEN 23/07/2023			PB (25m pool): 01:06.09 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:05.12	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 19:05
Heat: 13/15 Lane : 2 Athlete: VAN LAECKE LIESE			Q-time: 01:03:85
PB (50m pool): 01:03.34 ANTWERPEN 23/04/2023			PB (25m pool): 01:02.62 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:03.34	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 19:05
Heat: 13/15 Lane : 3 Athlete: LOONES THULINE			Q-time: 01:03:62
PB (50m pool): 01:01.41 Antwerpen 23/02/2020			PB (25m pool): 01:00.07 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:01.41	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 19:05
Heat: 13/15 Lane : 4 Athlete: HUENS NOOR			Q-time: 01:03:40
PB (50m pool): 01:02.10 Antwerpen 27/07/2025			PB (25m pool): 01:01.35 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:02.10	
	no time		
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 19:06
Heat: 14/15 Lane : 1 Athlete: DE RUIJTER ELISE			Q-time: 01:03:31
PB (50m pool): 01:03.31 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:01.97 SB: no time			
	5 0 M	1 0 0 M	
PB	00:30.79	01:03.31	
	00:30.79	00:32.52	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 19:08
Heat: 15/15 Lane : 1 Athlete: VINCK TINE			Q-time: 01:01:78
PB (50m pool): 01:01.12 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:00.75 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:01.12	
	no time		
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 19:08
Heat: 15/15 Lane : 4 Athlete: VAN GYSEL MAITE			Q-time: 00:57:99
PB (50m pool): 00:59.40 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:57.99 SB: no time			
	5 0 M	1 0 0 M	
PB	00:28.48	00:59.40	
	00:28.48	00:30.92	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 19:08
Heat: 15/15 Lane : 5 Athlete: MATTHEEUWS LIE			Q-time: 00:58:45
PB (50m pool): 00:58.45 Antwerpen 27/04/2025 PB (25m pool): 00:56.77 SB: no time			
	5 0 M	1 0 0 M	
PB	00:27.98	00:58.45	
	00:27.98	00:30.47	
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:1, starttime: 19:10
Heat: 1/7 Lane : 4 Athlete: RABAEYS LUCAS		Q-time: 00:47:73
PB (50m pool): 00:47.73 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:43.24 SB: no time		
	5 0 M	
PB	00:47.73	
	00:47.73	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 19:17
Heat: 7/7 Lane : 4 Athlete: MCLEAN BRETT		Q-time: 00:30:86
PB (50m pool): 00:32.54 Antwerp 02/02/2025 PB (25m pool): no time SB: no time		
	5 0 M	
PB	00:32.54	
	00:32.54	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 19:17
Heat: 7/7 Lane : 5 Athlete: DE MUL TOM		Q-time: 00:31:40
PB (50m pool): 00:33.76 Antwerpen 10/04/2022 PB (25m pool): 00:31.40 SB: no time		
	5 0 M	
PB	00:33.76	
	00:33.76	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 19:17
Heat: 7/7 Lane : 8 Athlete: ROSIERS NICOLAS		Q-time: 00:33:57
PB (50m pool): 00:36.43 Antwerpen 14/07/2024 PB (25m pool): 00:33.57 SB: no time		
	5 0 M	
PB	00:36.43	
	00:36.43	
		

Coach feedback:

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Event number: 16: 50M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 19:20	
Heat: 2/4 Lane : 2 Athlete: WAIGNEIN ROSIE						Q-time: 00:43:59		
PB (50m pool): no time				PB (25m pool): 00:43.59 SB: no time				
	5 0 M							
PB	no time							
	no time							
								

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 19:21	
Heat: 3/4 Lane : 5 Athlete: VAN DER PLAS LOTTE							Q-time: 00:38:49	
PB (50m pool): 00:38.49 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:36.46 SB: no time								
	5 0 M							
PB	00:38.49							
	00:38.49							
								

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 19:23	
Heat: 4/4 Lane : 7 Athlete: VAN GYSEL MAITE					Q-time: 00:37:62	
PB (50m pool): 00:37.09 Eindhoven 24/03/2024					PB (25m pool): 00:35.72 SB: no time	
	5 0 M					
PB	00:37.09					
	00:37.09					
						

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 19:46
Heat: 5/7 Lane : 6 Athlete: VAN DER PLAS LOTTE				Q-time: 02:44:17	
PB (50m pool): 02:44.17 Antwerpen 20/07/2025			PB (25m pool): 02:37.72 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.75	01:19.25	02:04.72	02:44.17	
	00:35.75	00:43.50	00:45.47	00:39.45	
					

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 19:49
Heat: 6/7 Lane : 3 Athlete: DE RUIJTER ELISE					Q-time: 02:39:57
PB (50m pool): 02:39.57 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:35.84 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.51	01:14.30	02:02.41	02:39.57	
	00:34.51	00:39.79	00:48.11	00:37.16	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 19:52
Heat: 7/7 Lane : 2 Athlete: DHOOGHE ELINA					Q-time: 02:33:91
PB (50m pool): 02:29.70 ANTWERPEN 30/07/2023 PB (25m pool): 02:29.18 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	02:29.70	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 19:52
Heat: 7/7 Lane : 6 Athlete: VINCK TINE					Q-time: 02:33:53
PB (50m pool): 02:32.47 Zwembad Brigitte Becue Oostend 19/05/2025 PB (25m pool): 02:27.78 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	02:32.47	
	no time				
					

Coach feedback:

Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 19:56
Heat: 1/1 Lane : 8 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: