

MEGA swim 26: Session: 1: COACH evaluation sheet for TEAM: AZL

Coachinfo: Warming up from: 08:00 until 08:45. Teamleadmeeting @ 08:45 The listed starttimes are indicative!

Coaches: Bijloos Annie

Coaches: De Smedt Leny HEADCOACH

Coaches: Schepers Jérôme

PB => Personal Best time

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

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:17, starttime: 10:50
Heat: 17/18 Lane : 1 Athlete: VAN DE WINKEL LOLA			Q-time: 01:23:64
PB (50m pool): 01:25.38 Antwerpen 20/07/2025			PB (25m pool): 01:23.64 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.74	01:25.38	
	00:40.74	00:44.64	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:8, starttime: 11:05
Heat: 8/19 Lane : 5 Athlete: BOEL ELIAS			Q-time: 01:13:61
PB (50m pool): 01:13.61 Antwerpen 13/07/2025			PB (25m pool): 01:12.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.16	01:13.61	
	00:35.16	00:38.45	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:17, starttime: 11:20
Heat: 17/19 Lane : 2 Athlete: POPPE WARRE			Q-time: 00:59:81
PB (50m pool): 01:02.26 Aalst 20/12/2025			PB (25m pool): 00:59.81 SB: 01:02.26 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:30.23	01:02.26	
	00:30.23	00:32.03	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:18, starttime: 11:25
Heat: 18/19 Lane : 7 Athlete: VERHULST MEINDERT			Q-time: 00:58:48
PB (50m pool): 01:01.57 Charleroi 11/01/2026			PB (25m pool): 00:58.48 SB: 01:01.57 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:30.28	01:01.57	
	00:30.28	00:31.29	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:19, starttime: 12:05
Heat: 19/21 Lane : 1 Athlete: VANDER MIJNSBRUGGE LORE			Q-time: 01:15:14
PB (50m pool): 01:19.58 Antwerpen 13/07/2025			PB (25m pool): 01:15.14 SB: 01:19.76 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:39.22	01:19.58	
	00:39.22	00:40.36	
			

Coach feedback: