

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

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

Coaches: Claes Steven

Coaches: Mackens Vicky HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MIXED 10-9 Heat:4, starttime: 09:05

Heat: 4/4 Lane : 2 Athlete: VAN DE GUCHT TIBO Q-time: 01:25:09

PB (50m pool): no time PB (25m pool): 01:25.09 SB: no time

	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14 Heat:6, starttime: 09:45

Heat: 6/7 Lane : 0 Athlete: WYFFELS LOUISE MARIE Q-time: 05:17:91

PB (50m pool): 05:17.91 Antwerpen 20/07/2025 PB (25m pool): 05:15.50 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	00:36.69	01:16.27	01:57.77	02:38.17	03:18.38	03:59.43	04:39.29	05:17.91
	00:36.69	00:39.58	00:41.50	00:40.40	00:40.21	00:41.05	00:39.86	00:38.62
								

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16 Heat:2, starttime: 09:55

Heat: 2/11 Lane : 1 Athlete: VANDEPITTE KYAN Q-time: 01:46:99

PB (50m pool): 01:46.99 Charleroi 11/01/2026 PB (25m pool): 01:49.42 SB: 01:46.99 Charleroi 11/01/2026

	5 0 M	1 0 0 M	
PB	00:46.66	01:46.99	
	00:46.66	01:00.33	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:2, starttime: 09:55
Heat: 2/11 Lane : 3 Athlete: CLAES TIEBE			Q-time: 01:42:95
PB (50m pool): 01:49.29 Antwerpen 13/07/2025			PB (25m pool): 01:42.95 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.34	01:49.29	
	00:48.34	01:00.95	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:2, starttime: 09:55
Heat: 2/11 Lane : 7 Athlete: VAN DER MEIREN WILLIAM			Q-time: 01:46:15
PB (50m pool): 01:41.13 Seraing 25/01/2026			PB (25m pool): 01:46.15 SB: 01:41.13 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:47.00	01:41.13	
	00:47.00	00:54.13	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:4, starttime: 10:00
Heat: 4/11 Lane : 1 Athlete: CLAES ELIAN			Q-time: 01:29:08
PB (50m pool): 01:34.94 Mol 22/06/2025			PB (25m pool): 01:29.08 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.50	01:34.94	
	00:41.50	00:53.44	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:8, starttime: 10:10
Heat: 8/11 Lane : 0 Athlete: JACQUEMYS KOBÉ			Q-time: 01:15:34
PB (50m pool): 01:15.34 Antwerpen 20/07/2025			PB (25m pool): 01:16.02 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.04	01:15.34	
	00:35.04	00:40.30	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:10, starttime: 10:10
Heat: 10/11 Lane : 5 Athlete: VANSTECHELMAN LUCAS			Q-time: 01:06:30
PB (50m pool): 01:13.45 Antwerpen 21/07/2024			PB (25m pool): 01:06.30 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:13.45	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:13, starttime: 10:40
Heat: 13/18 Lane : 6 Athlete: NDIAYE MAï			Q-time: 01:32:74
PB (50m pool): 01:32.74 Charleroi 11/01/2026			PB (25m pool): 01:32.20 SB: 01:32.74 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:43.17	01:32.74	
	00:43.17	00:49.57	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:14, starttime: 10:45
Heat: 14/18 Lane : 4 Athlete: WYFFELS LOUISE MARIE			Q-time: 01:29:62
PB (50m pool): 01:32.59 Wezenberg 04/01/2026			PB (25m pool): 01:29.62 SB: 01:32.59 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:44.15	01:32.59	
	00:44.15	00:48.44	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:16, starttime: 10:50
Heat: 16/18 Lane : 5 Athlete: NSUBUGA SOFIA			Q-time: 01:25:22
PB (50m pool): 01:25.22 Antwerpen 20/07/2025			PB (25m pool): 01:23.09 SB: 01:26.42 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:39.60	01:25.22	
	00:39.60	00:45.62	
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:18, starttime: 10:50
Heat: 18/18 Lane : 3 Athlete: VAN DER MEEREN LOTTE			Q-time: 01:19:41
PB (50m pool): 01:19.41 Antwerpen 27/07/2025			PB (25m pool): 01:17.73 SB: 01:23.50 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:37.14	01:19.41	
	00:37.14	00:42.27	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:7, starttime: 11:05
Heat: 7/19 Lane : 1 Athlete: DE MESMAEKER LOANN			Q-time: 01:16:21
PB (50m pool): 01:16.21 Antwerpen 13/07/2025			PB (25m pool): 01:15.80 SB: 01:16.87 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:37.56	01:16.21	
	00:37.56	00:38.65	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:8, starttime: 11:05
Heat: 8/19 Lane : 1 Athlete: CLAES TIEBE			Q-time: 01:14:90
PB (50m pool): 01:17.06 Wezenberg 04/01/2026			PB (25m pool): 01:14.90 SB: 01:17.06 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.11	01:17.06	
	00:38.11	00:38.95	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:10, starttime: 11:10
Heat: 10/19 Lane : 4 Athlete: CLAES ELIAN			Q-time: 01:09:85
PB (50m pool): 01:12.14 Seraing 25/01/2026			PB (25m pool): 01:11.94 SB: 01:12.14 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:34.61	01:12.14	
	00:34.61	00:37.53	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:13, starttime: 11:15
Heat: 13/19 Lane : 2 Athlete: JACQUEMYNS KOBE			Q-time: 01:06:16
PB (50m pool): 01:06.16 Wezenberg 04/01/2026			PB (25m pool): 01:06.52 SB: 01:06.16 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:31.90	01:06.16	
	00:31.90	00:34.26	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:18, starttime: 11:25
Heat: 18/19 Lane : 0 Athlete: VANSTECHELMAN LUCAS			Q-time: 00:59:18
PB (50m pool): 00:59.18 Antwerpen 20/07/2025			PB (25m pool): 00:57.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.59	00:59.18	
	00:28.59	00:30.59	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:13, starttime: 11:55
Heat: 13/21 Lane : 8 Athlete: NDIAYE MAï			Q-time: 01:23:61
PB (50m pool): 01:29.45 Charleroi 11/01/2026			PB (25m pool): 01:23.61 SB: 01:29.45 Charleroi 11/01/2026
	5 0 M	1 0 0 M	
PB	00:43.26	01:29.45	
	00:43.26	00:46.19	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:17, starttime: 12:05
Heat: 17/21 Lane : 4 Athlete: NSUBUGA SOFIA			Q-time: 01:17:28
PB (50m pool): 01:21.95 Wezenberg 03/01/2026			PB (25m pool): 01:07.98 SB: 01:21.95 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:40.24	01:21.95	
	00:40.24	00:41.71	
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16				Heat:19, starttime: 12:05	
Heat: 19/21 Lane : 8 Athlete: VAN DER MEEREN LOTTE				Q-time: 01:15:18	
PB (50m pool): 01:16.46 Antwerpen 21/07/2024				PB (25m pool): 01:13.94 SB: 01:18.92 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	no time	01:16.46			
	no time				
					

Coach feedback:

Event number: 7: 100M BACKSTROKE MIXED 10-9				Heat:4, starttime: 12:20	
Heat: 4/4 Lane : 0 Athlete: VAN DE GUCHT TIBO				Q-time: 01:45:25	
PB (50m pool): no time				PB (25m pool): 01:45.25 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:5, starttime: 12:40	
Heat: 5/11 Lane : 3 Athlete: VAN DER MEIREN WILLIAM					Q-time: 03:18:65	
PB (50m pool): 03:15.92 Seraing 25/01/2026					PB (25m pool): 03:18.65 SB: 03:15.92 Seraing 25/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:42.82	01:32.10	02:34.86	03:15.92		
	00:42.82	00:49.28	01:02.76	00:41.06		
						

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:5, starttime: 12:40	
Heat: 5/11 Lane : 4 Athlete: VANDEPITTE KYAN					Q-time: 03:16:77	
PB (50m pool): 03:16.77 Antwerpen 13/07/2025					PB (25m pool): 03:16.36 SB: 03:22.71 Charleroi 11/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:49.45	01:38.18	02:35.12	03:16.77		
	00:49.45	00:48.73	00:56.94	00:41.65		
						

Coach feedback:

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Event number: 8: 200M MEDLEY MEN 11-14					Heat:9, starttime: 12:55
Heat: 9/11 Lane : 1 Athlete: DE MESMAEKER LOANN					Q-time: 02:54:48
PB (50m pool): 02:57.52 Antwerpen 13/07/2025					PB (25m pool): 02:54.48 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.08	01:23.91	02:16.46	02:57.52	
	00:39.08	00:44.83	00:52.55	00:41.06	
					

Coach feedback: