

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

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

Coaches: Van Hecke Maxim

Coaches: Boel Joke HEADCOACH

PB => Personal Best time

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

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:1, starttime: 10:15
Heat: 1/18 Lane : 4 Athlete: JANSSENS ANNELOE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:49.69 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:4, starttime: 10:25
Heat: 4/18 Lane : 1 Athlete: KERREMANS MAÏTÉ			Q-time: 01:55:42
PB (50m pool): no time			PB (25m pool): 01:55.42 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:8, starttime: 10:30
Heat: 8/18 Lane : 6 Athlete: VAN GEERT MARTHE			Q-time: 01:42:11
PB (50m pool): 01:47.16 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:42.11 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.01	01:47.16	
	00:50.01	00:57.15	
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:11, starttime: 10:40
Heat: 11/18 Lane : 7 Athlete: CEULEMANS AMINA			Q-time: 01:36:71
PB (50m pool): 01:36.71 Antwerpen 13/07/2025			PB (25m pool): 01:36.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.11	01:36.71	
	00:46.11	00:50.60	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:17, starttime: 10:50
Heat: 17/18 Lane : 9 Athlete: VANDEN BERGHE YANA			Q-time: 01:25:11
PB (50m pool): 01:33.48 Aalst 11/05/2025			PB (25m pool): 01:25.11 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.88	01:33.48	
	00:44.88	00:48.60	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:6, starttime: 11:05
Heat: 6/19 Lane : 4 Athlete: CLEYNENS STAF			Q-time: 01:18:71
PB (50m pool): 01:29.68 Antwerpen 13/07/2025			PB (25m pool): 01:18.71 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.50	01:29.68	
	00:41.50	00:48.18	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:14, starttime: 11:15
Heat: 14/19 Lane : 3 Athlete: HOFMAN OTIS			Q-time: 01:04:75
PB (50m pool): 01:04.75 Antwerpen 13/07/2025			PB (25m pool): 01:03.29 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.57	01:04.75	
	00:30.57	00:34.18	
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:5, starttime: 11:35
Heat: 5/21 Lane : 1 Athlete: JANSSENS ANNELOE			Q-time: 01:37:79
PB (50m pool): 01:44.36 LOCHRISTI 25/01/2026			PB (25m pool): 01:37.79 SB: 01:44.36 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:44.36	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:5, starttime: 11:35
Heat: 5/21 Lane : 9 Athlete: KERREMANS MAÏTÉ			Q-time: 01:39:06
PB (50m pool): no time			PB (25m pool): 01:39.06 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:10, starttime: 11:50
Heat: 10/21 Lane : 5 Athlete: HOFMAN LILY			Q-time: 01:27:55
PB (50m pool): 01:27.13 LOCHRISTI 25/01/2026			PB (25m pool): 01:27.44 SB: 01:27.13 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:27.13	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:12, starttime: 11:50
Heat: 12/21 Lane : 1 Athlete: SMET ALINE			Q-time: 01:24:42
PB (50m pool): 01:24.42 Antwerpen 13/07/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	00:41.48	01:24.42	
	00:41.48	00:42.94	
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:12, starttime: 11:50
Heat: 12/21 Lane : 2 Athlete: HOFMAN ROSE			Q-time: 01:24:19
PB (50m pool): 01:22.00 LOCHRISTI 25/01/2026			PB (25m pool): 01:24.22 SB: 01:22.00 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:22.00	
	<i>no time</i>		
			

Coach feedback: