

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

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

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 09:25	
Heat: 3/7 Lane : 2 Athlete: VANDER MEER NOOR							Q-time: 06:09:23	
PB (50m pool): 06:09.23 Aalst 28/06/2025				PB (25m pool): 06:03.20 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	00:42.16	01:28.37	02:14.84	03:01.47	03:48.58	04:36.33	05:23.71	06:09.23
	00:42.16	00:46.21	00:46.47	00:46.63	00:47.11	00:47.75	00:47.38	00:45.52
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 09:25	
Heat: 3/7 Lane : 8 Athlete: BEVERNAGE TRIX							Q-time: 06:12:91	
PB (50m pool): 06:55.62 SportinGenk Park 11/11/2024				PB (25m pool): 06:12.91 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	01:39.37	no time	03:30.30	no time	no time	no time	06:55.62
	no time							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 09:30	
Heat: 4/7 Lane : 4 Athlete: CLAESSENS ISA-BEAU							Q-time: 05:37:89	
PB (50m pool): 05:37.89 Antwerpen 20/07/2025				PB (25m pool): 05:32.49SB: 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	00:38.56	01:21.61	02:06.37	02:51.58	03:36.32	04:21.34	05:02.01	05:37.89
	00:38.56	00:43.05	00:44.76	00:45.21	00:44.74	00:45.02	00:40.67	00:35.88
								

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:8, starttime: 10:10
Heat: 8/11 Lane : 8 Athlete: HOUSEN ILYA			Q-time: 01:14:48
PB (50m pool): 01:12.94 Seraing 25/01/2026			PB (25m pool): 01:16.57 SB: 01:12.94 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:33.64	01:12.94	
	00:33.64	00:39.30	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:10, starttime: 10:10
Heat: 10/11 Lane : 4 Athlete: BERGMANS MATS			Q-time: 01:05:78
PB (50m pool): 01:05.78 Antwerpen 20/04/2025			PB (25m pool): 01:03.82 SB: 01:07.42 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:30.34	01:05.78	
	00:30.34	00:35.44	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:2, starttime: 10:20
Heat: 2/18 Lane : 6 Athlete: STRIGENCZ ELIEN			Q-time: 99:99:99
PB (50m pool): 01:39.72 Seraing 25/01/2026			PB (25m pool): no time SB: 01:39.72 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:48.34	01:39.72	
	00:48.34	00:51.38	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:5, starttime: 10:25
Heat: 5/18 Lane : 1 Athlete: DESAIR ANNA-LOUISE			Q-time: 01:50:53
PB (50m pool): 01:50.53 Antwerpen 13/07/2025			PB (25m pool): 01:46.68 SB: no time
	5 0 M	1 0 0 M	
PB	00:51.63	01:50.53	
	00:51.63	00:58.90	
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:9, starttime: 10:35
Heat: 9/18 Lane : 4 Athlete: COPERMANS SAM			Q-time: 01:39:19
PB (50m pool): 01:39.19 Antwerp 02/02/2025			PB (25m pool): 01:33.57 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.34	01:39.19	
	00:47.34	00:51.85	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:10, starttime: 10:35
Heat: 10/18 Lane : 5 Athlete: LENAERTS JULIA			Q-time: 01:37:87
PB (50m pool): 01:35.19 Seraing 25/01/2026			PB (25m pool): 01:40.48 SB: 01:35.19 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:45.90	01:35.19	
	00:45.90	00:49.29	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:12, starttime: 10:40
Heat: 12/18 Lane : 7 Athlete: VERLEYSEN NOA			Q-time: 01:34:12
PB (50m pool): 01:34.12 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:27.86 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.44	01:34.12	
	00:44.44	00:49.68	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:12, starttime: 10:40
Heat: 12/18 Lane : 9 Athlete: KOREN ZARA			Q-time: 01:35:34
PB (50m pool): 01:35.34 Antwerp 02/02/2025			PB (25m pool): 01:32.39 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.26	01:35.34	
	00:44.26	00:51.08	
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:14, starttime: 10:45
Heat: 14/18 Lane : 3 Athlete: CLAESSENS ELLA-LOUISE			Q-time: 01:29:75
PB (50m pool): 01:29.52 Antwerpen 21/07/2024			PB (25m pool): 01:24.36 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:29.52	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:14, starttime: 10:45
Heat: 14/18 Lane : 7 Athlete: VANDER MEER AMBER			Q-time: 01:31:30
PB (50m pool): 01:30.17 Antwerpen 14/07/2024			PB (25m pool): 01:29.40 SB: 01:30.54 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:30.17	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:15, starttime: 10:45
Heat: 15/18 Lane : 8 Athlete: THEWISSEN MIRTHE			Q-time: 01:29:21
PB (50m pool): 01:29.21 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:24.31 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.65	01:29.21	
	00:42.65	00:46.56	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:16, starttime: 10:50
Heat: 16/18 Lane : 6 Athlete: BEUNCKENS TESS			Q-time: 01:25:87
PB (50m pool): 01:34.54 SportinGenk Park 19/05/2024			PB (25m pool): 01:25.87 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:34.54	
	no time		
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:16, starttime: 10:50
Heat: 16/18 Lane : 9 Athlete: SARGESJAN NALA			Q-time: 01:27:72
PB (50m pool): 01:27.72 Antwerp 26/01/2025			PB (25m pool): 01:21.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.82	01:27.72	
	00:41.82	00:45.90	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:17, starttime: 10:50
Heat: 17/18 Lane : 4 Athlete: LUTS EMILIA			Q-time: 01:23:19
PB (50m pool): 01:23.19 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:21.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.46	01:23.19	
	00:38.46	00:44.73	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:18, starttime: 10:50
Heat: 18/18 Lane : 8 Athlete: MÜLLER RENA			Q-time: 01:21:53
PB (50m pool): 01:21.53 Antwerp 02/02/2025			PB (25m pool): 01:20.84 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.17	01:21.53	
	00:38.17	00:43.36	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:12, starttime: 11:15
Heat: 12/19 Lane : 7 Athlete: HOUSEN ILYA			Q-time: 01:07:36
PB (50m pool): 01:06.82 Seraing 25/01/2026			PB (25m pool): 01:07.81 SB: 01:06.82 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:32.30	01:06.82	
	00:32.30	00:34.52	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:15, starttime: 11:20
Heat: 15/19 Lane : 5 Athlete: BERGMANS MATS			Q-time: 01:02:51
PB (50m pool): 01:02.51 Antwerpen 20/04/2025			PB (25m pool): 01:00.80 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.15	01:02.51	
	00:30.15	00:32.36	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:19, starttime: 11:25
Heat: 19/19 Lane : 4 Athlete: VANGROOTLOON JEF			Q-time: 00:54:43
PB (50m pool): 00:54.43 Antwerpen 27/07/2025			PB (25m pool): 00:52.76 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.07	00:54.43	
	00:26.07	00:28.36	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:1, starttime: 11:25
Heat: 1/21 Lane : 3 Athlete: LENAERTS JULIA			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time 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:1, starttime: 11:25
Heat: 1/21 Lane : 8 Athlete: STRIGENCZ ELIEN			Q-time: 99:99:99
PB (50m pool): 01:35.08 Seraing 25/01/2026			PB (25m pool): no time SB: 01:35.08 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:45.47	01:35.08	
	00:45.47	00:49.61	
			

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:7, starttime: 11:40
Heat: 7/21 Lane : 7 Athlete: DESAIR ANNA-LOUISE			Q-time: 01:32:39
PB (50m pool): 01:30.48 Seraing 25/01/2026			PB (25m pool): 01:27.79 SB: 01:30.48 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:45.21	01:30.48	
	00:45.21	00:45.27	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:9, starttime: 11:45
Heat: 9/21 Lane : 2 Athlete: CLAESSENS ISA-BEAU			Q-time: 01:28:99
PB (50m pool): 01:28.99 Antwerpen 20/07/2025			PB (25m pool): 01:25.00 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.40	01:28.99	
	00:45.40	00:43.59	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:10, starttime: 11:50
Heat: 10/21 Lane : 1 Athlete: MÜLLER RENA			Q-time: 01:28:03
PB (50m pool): 01:27.32 Eindhoven 07/07/2024			PB (25m pool): 01:26.74 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:27.32	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:11, starttime: 11:50
Heat: 11/21 Lane : 1 Athlete: VANDER MEER NOOR			Q-time: 01:26:56
PB (50m pool): 01:26.56 Antwerpen 13/07/2025			PB (25m pool): 01:24.48 SB: 01:26.64 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:42.26	01:26.56	
	00:42.26	00:44.30	
			

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:13, starttime: 11:55
Heat: 13/21 Lane : 3 Athlete: COPERMANS SAM			Q-time: 01:21:96
PB (50m pool): 01:21.96 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:19.53 SB: no time			
	5 0 M	1 0 0 M	
PB	00:39.95	01:21.96	
	00:39.95	00:42.01	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:13, starttime: 11:55
Heat: 13/21 Lane : 6 Athlete: CLAESSENS ELLA-LOUISE			Q-time: 01:22:48
PB (50m pool): 01:22.48 SportinGenk Park 21/04/2025 PB (25m pool): 01:16.89 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.60	01:22.48	
	00:40.60	00:41.88	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:14, starttime: 11:55
Heat: 14/21 Lane : 8 Athlete: VANDER MEER AMBER			Q-time: 01:21:68
PB (50m pool): 01:24.20 SportinGenk Park 01/04/2024 PB (25m pool): 01:21.68 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:24.20	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:16, starttime: 12:00
Heat: 16/21 Lane : 5 Athlete: KOREN ZARA			Q-time: 01:18:85
PB (50m pool): 01:18.85 Antwerpen 13/07/2025 PB (25m pool): 01:16.97 SB: 01:20.52 SportinGenk Park 11/11/2025			
	5 0 M	1 0 0 M	
PB	00:38.34	01:18.85	
	00:38.34	00:40.51	
			

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:17, starttime: 12:05
Heat: 17/21 Lane : 6 Athlete: THEWISSEN MIRTHE			Q-time: 01:17:52
PB (50m pool): 01:17.52 Antwerp 26/01/2025			PB (25m pool): 01:14.86 SB: 01:18.56 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:38.14	01:17.52	
	00:38.14	00:39.38	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:17, starttime: 12:05
Heat: 17/21 Lane : 7 Athlete: SARGESJAN NALA			Q-time: 01:17:58
PB (50m pool): 01:17.26 Seraing 25/01/2026			PB (25m pool): 01:19.07 SB: 01:17.26 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:37.57	01:17.26	
	00:37.57	00:39.69	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:18, starttime: 12:05
Heat: 18/21 Lane : 5 Athlete: BEUNCKENS TESS			Q-time: 01:16:01
PB (50m pool): 01:16.01 Antwerp 02/02/2025			PB (25m pool): 01:14.72 SB: 01:17.54 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:36.42	01:16.01	
	00:36.42	00:39.59	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:19, starttime: 12:05
Heat: 19/21 Lane : 3 Athlete: VERLEYSSEN NOA			Q-time: 01:14:14
PB (50m pool): 01:14.14 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:14.46 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.54	01:14.14	
	00:35.54	00:38.60	
			

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:20, starttime: 12:10
Heat: 20/21 Lane : 8 Athlete: LUTS EMILIA			Q-time: 01:13:67
PB (50m pool): 01:13.67 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:10.87 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.48	01:13.67	
	00:35.48	00:38.19	
			

Coach feedback: