

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

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

Coaches: Lievens Stijn

Coaches: Geelen Sofie HEADCOACH

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 09:15	
Heat: 2/7 Lane : 3 Athlete: FEYAERTS SAVANNAH							Q-time: 06:30:32	
PB (50m pool): no time			PB (25m pool): 06:30.32SB: 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	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 09:25	
Heat: 3/7 Lane : 0 Athlete: WILLEN LUNA							Q-time: 06:14:47	
PB (50m pool): no time			PB (25m pool): 06:14.47 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	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 09:35	
Heat: 5/7 Lane : 6 Athlete: DEVUE ROSALIE							Q-time: 05:23:87	
PB (50m pool): 05:23.87 Antwerpen 20/07/2025			PB (25m pool): 05:06.56SB: 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	00:35.71	01:16.83	01:59.43	02:41.04	03:22.81	04:04.18	04:45.59	05:23.87
	00:35.71	00:41.12	00:42.60	00:41.61	00:41.77	00:41.37	00:41.41	00:38.28
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 09:35	
Heat: 5/7 Lane : 7 Athlete: MEURRENS LINA							Q-time: 05:26:19	
PB (50m pool): no time			PB (25m pool): 05:26.19SB: 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	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16							Heat:3, starttime: 10:00		
Heat: 3/11 Lane : 4 Athlete: DEVUE NICOLAS							Q-time: 01:33:38		
PB (50m pool): 01:33.38 SportinGenk Park 11/11/2025				PB (25m pool): 01:21.49SB: 01:33.38 SportinGenk Park 11/11/2025					
	5 0 M		1 0 0 M						
PB	no time		01:33.38						
	no time								
									

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16										Heat:6, starttime: 10:05	
Heat: 6/11 Lane : 9 Athlete: VERHEYEN STEPHEN										Q-time: 01:21:21	
PB (50m pool): 01:21.21 Olympic Pool Wezenberg, Antwer 30/07/25 PB (25m pool): 01:15.48 SB: 01:26.00 SportinGenk Park 11/11/2025											
	5 0 M		1 0 0 M								
PB	00:36.97		01:21.21								
	00:36.97		00:44.24								
											

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16							Heat:7, starttime: 10:05	
Heat: 7/11 Lane : 4 Athlete: ASSCHERICKX SEBASTIAAN							Q-time: 01:16:60	
PB (50m pool): 01:16.60 Antwerpen 13/07/2025							PB (25m pool): 01:09.26 SB: no time	
	5 0 M		1 0 0 M					
PB	00:36.80		01:16.60					
	00:36.80		00:39.80					
								

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:7, starttime: 10:05
Heat: 7/11 Lane : 9 Athlete: VERBRUGGEN MATS			Q-time: 01:19:75
PB (50m pool): 01:19.75 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 01:26.95 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.91	01:19.75	
	00:37.91	00:41.84	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:9, starttime: 10:10
Heat: 9/11 Lane : 5 Athlete: VOET LARS			Q-time: 01:09:39
PB (50m pool): 01:09.39 Antwerpen 20/07/2025 PB (25m pool): 01:06.64 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.37	01:09.39	
	00:31.37	00:38.02	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:9, starttime: 10:10
Heat: 9/11 Lane : 9 Athlete: VANHELMONT DANTE			Q-time: 01:11:84
PB (50m pool): 01:11.84 Antwerpen 13/07/2025 PB (25m pool): 01:11.10 SB: 01:13.81 SportinGenk Park 11/11/2025			
	5 0 M	1 0 0 M	
PB	00:33.41	01:11.84	
	00:33.41	00:38.43	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:10, starttime: 10:10
Heat: 10/11 Lane : 6 Athlete: DE WITTE LEO			Q-time: 01:07:66
PB (50m pool): 01:07.66 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:04.99 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.45	01:07.66	
	00:31.45	00:36.21	
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:4, starttime: 10:25
Heat: 4/18 Lane : 8 Athlete: WILLEN LUNA			Q-time: 01:55:72
PB (50m pool): 01:55.72 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:51.23 SB: no time			
	5 0 M	1 0 0 M	
PB	00:56.05	01:55.72	
	00:56.05	00:59.67	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:8, starttime: 10:30
Heat: 8/18 Lane : 8 Athlete: GERARD CARYS			Q-time: 01:42:78
PB (50m pool): 01:42.78 Olympic Pool Wezenberg, Antwer 30/05/2025 PB (25m pool): 01:40.17 SB: no time			
	5 0 M	1 0 0 M	
PB	00:48.48	01:42.78	
	00:48.48	00:54.30	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:10, starttime: 10:35
Heat: 10/18 Lane : 0 Athlete: LEMBRECHTS SIEN			Q-time: 01:39:02
PB (50m pool): 01:39.02 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:32.69 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.78	01:39.02	
	00:45.78	00:53.24	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:11, starttime: 10:40
Heat: 11/18 Lane : 4 Athlete: DE CAT DO			Q-time: 01:35:60
PB (50m pool): 01:35.60 Antwerp 02/02/2025 PB (25m pool): 01:33.75 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.95	01:35.60	
	00:45.95	00:49.65	
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:12, starttime: 10:40
Heat: 12/18 Lane : 2 Athlete: VANSINA ELLE			Q-time: 01:34:11
PB (50m pool): 01:39.81 Antwerpen 14/07/2024			PB (25m pool): 01:34.11 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:39.81	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:15, starttime: 10:45
Heat: 15/18 Lane : 5 Athlete: WOUTERS STIEN			Q-time: 01:28:21
PB (50m pool): 01:28.21 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:27.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.04	01:28.21	
	00:41.04	00:47.17	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:6, starttime: 11:05
Heat: 6/19 Lane : 0 Athlete: LENDERS PABLO			Q-time: 01:20:49
PB (50m pool): 01:20.49 Antwerp 02/02/2025			PB (25m pool): 01:16.66 SB: 01:22.27 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:40.42	01:20.49	
	00:40.42	00:40.07	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:11, starttime: 11:10
Heat: 11/19 Lane : 5 Athlete: VERBRUGGEN MATS			Q-time: 01:08:26
PB (50m pool): 01:08.26 SportinGenk Park 21/04/2025			PB (25m pool): 01:06.67 SB: 01:11.78 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:32.27	01:08.26	
	00:32.27	00:35.99	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:11, starttime: 11:10
Heat: 11/19 Lane : 7 Athlete: DEVUE NICOLAS			Q-time: 01:09:17
PB (50m pool): 01:09.17 Antwerpen 13/07/2025			PB (25m pool): 01:06.77 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.22	01:09.17	
	00:33.22	00:35.95	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:12, starttime: 11:15
Heat: 12/19 Lane : 8 Athlete: VERHEYEN STEPHEN			Q-time: 01:07:62
PB (50m pool): 01:07.62 Antwerpen 13/07/2025			PB (25m pool): 01:05.92 SB: 01:11.91 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:32.40	01:07.62	
	00:32.40	00:35.22	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:15, starttime: 11:20
Heat: 15/19 Lane : 1 Athlete: ASSCHERICKX SEBASTIAAN			Q-time: 01:03:38
PB (50m pool): 01:03.38 SportinGenk Park 11/11/2025			PB (25m pool): 01:01.24 SB: 01:03.38 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:03.38	
	no time		
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:15, starttime: 11:20
Heat: 15/19 Lane : 9 Athlete: VANHELMONT DANTE			Q-time: 01:04:12
PB (50m pool): 01:04.12 Antwerpen 13/07/2025			PB (25m pool): 01:02.42 SB: 01:05.42 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:31.58	01:04.12	
	00:31.58	00:32.54	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:18, starttime: 11:25
Heat: 18/19 Lane : 6 Athlete: DE WITTE LEO			Q-time: 00:58:19
PB (50m pool): 00:58.19 Antwerpen 27/07/2025			PB (25m pool): 00:51.25 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.86	00:58.19	
	00:27.86	00:30.33	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:4, starttime: 11:35
Heat: 4/21 Lane : 3 Athlete: FEYAERTS SAVANNAH			Q-time: 01:39:84
PB (50m pool): 01:39.84 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:32.54 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.15	01:39.84	
	00:50.15	00:49.69	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:6, starttime: 11:40
Heat: 6/21 Lane : 9 Athlete: MEURRENS LINA			Q-time: 01:36:31
PB (50m pool): 01:36.31 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:34.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.68	01:36.31	
	00:46.68	00:49.63	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:12, starttime: 11:50
Heat: 12/21 Lane : 6 Athlete: LEMBRECHTS SIEN			Q-time: 01:24:10
PB (50m pool): 01:24.10 SportinGenk Park 11/11/2025			PB (25m pool): 01:20.53 SB: 01:24.10 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:24.10	
	no time		
			

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:12, starttime: 11:50
Heat: 12/21 Lane : 7 Athlete: GERARD CARYS			Q-time: 01:24:27
PB (50m pool): 01:24.27 Antwerpen 13/07/2025			PB (25m pool): 01:21.06 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.72	01:24.27	
	00:41.72	00:42.55	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:14, starttime: 11:55
Heat: 14/21 Lane : 0 Athlete: DEVUE ROSALIE			Q-time: 01:21:71
PB (50m pool): 01:21.71 Antwerpen 20/07/2025			PB (25m pool): 01:17.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.34	01:21.71	
	00:39.34	00:42.37	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:14, starttime: 11:55
Heat: 14/21 Lane : 3 Athlete: DE CAT DO			Q-time: 01:20:96
PB (50m pool): 01:20.96 Antwerpen 13/07/2025			PB (25m pool): 01:18.55 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.81	01:20.96	
	00:40.81	00:40.15	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:16, starttime: 12:00
Heat: 16/21 Lane : 0 Athlete: VANSINA ELLE			Q-time: 01:19:93
PB (50m pool): 01:19.93 Antwerpen 13/07/2025			PB (25m pool): 01:16.59 SB: 01:20.72 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:38.86	01:19.93	
	00:38.86	00:41.07	
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16				Heat:19, starttime: 12:05	
Heat: 19/21 Lane : 2 Athlete: WOUTERS STIEN				Q-time: 01:14:56	
PB (50m pool): 01:14.56 Antwerpen 27/07/2025				PB (25m pool): 01:12.19 SB: no time	
	5 0 M	1 0 0 M			
PB	00:36.22	01:14.56			
	00:36.22	00:38.34			
					

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:5, starttime: 12:40	
Heat: 5/11 Lane : 5 Athlete: LENDERS PABLO					Q-time: 03:17:52	
PB (50m pool): no time					PB (25m pool): 03:17.52 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	no time		
	no time					
						

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:11, starttime: 13:00	
Heat: 11/11 Lane : 2 Athlete: VOET LARS					Q-time: 02:34:10	
PB (50m pool): 02:34.10 Antwerpen 20/07/2025					PB (25m pool): 02:27.12 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.53	01:15.37	02:00.45	02:34.10		
	00:32.53	00:42.84	00:45.08	00:33.65		
						

Coach feedback: