

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

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

Coaches: Destoop Jens

Coaches: Nellen Maik HEADCOACH

PB => Personal Best time

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

Event number: 3: 100M BUTTERFLY MEN 11-16 Heat:7, starttime: 10:05

Heat: 7/11 Lane : 1 Athlete: NELLEN THIBO Q-time: 01:18:03

PB (50m pool): 01:18.03 Antwerpen 13/07/2025 PB (25m pool): 01:14.88 SB: no time

	5 0 M	1 0 0 M	
PB	00:36.58	01:18.03	
	00:36.58	00:41.45	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16 Heat:7, starttime: 11:05

Heat: 7/19 Lane : 5 Athlete: BHIJA NASSIM Q-time: 01:15:80

PB (50m pool): no time PB (25m pool): 01:15.80 SB: no time

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

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16 Heat:14, starttime: 11:15

Heat: 14/19 Lane : 1 Athlete: NELLEN THIBO Q-time: 01:05:24

PB (50m pool): 01:05.24 Antwerpen 13/07/2025 PB (25m pool): 01:03.26 SB: no time

	5 0 M	1 0 0 M	
PB	00:31.44	01:05.24	
	00:31.44	00:33.80	
			

Coach feedback:

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Event number: 8: 200M MEDLEY MEN 11-14					Heat:2, starttime: 12:30
Heat: 2/11 Lane : 2 Athlete: BHIJA NASSIM					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	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:8, starttime: 12:50
Heat: 8/11 Lane : 2 Athlete: BEEL NOAH					Q-time: 02:58:06
PB (50m pool): 02:58.06 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:39.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.57	01:26.50	02:18.58	02:58.06	
	00:37.57	00:48.93	00:52.08	00:39.48	
					

Coach feedback: