

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

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

Coaches: Hinnekens Rosan HEADCOACH

Coaches: Dewulf Gillian

Coaches: Dewulf Bart

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 09:35	
Heat: 5/7 Lane : 8 Athlete: ZEPHIRIN ASTRID							Q-time: 05:32:74	
PB (50m pool): 05:32.74 Kortrijk 26/12/2025							PB (25m pool): 05:31.50 SB: 05:32.74 Kortrijk 26/12/2025	
	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	00:38.07	01:20.32	02:03.61	02:47.26	03:30.91	04:13.61	04:55.75	05:32.74
	00:38.07	00:42.25	00:43.29	00:43.65	00:43.65	00:42.70	00:42.14	00:36.99
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:6, starttime: 09:45	
Heat: 6/7 Lane : 7 Athlete: ROMBAUT CÉLINE							Q-time: 05:16:21	
PB (50m pool): 05:16.21 Kortrijk 26/12/2025							PB (25m pool): 05:13.68 SB: 05:16.21 Kortrijk 26/12/2025	
	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	00:36.09	01:16.47	01:57.30	02:37.56	03:18.36	03:58.95	04:38.71	05:16.21
	00:36.09	00:40.38	00:40.83	00:40.26	00:40.80	00:40.59	00:39.76	00:37.50
								

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16							Heat:4, starttime: 10:00	
Heat: 4/11 Lane : 3 Athlete: GOEMAERE CYRIEL							Q-time: 01:27:23	
PB (50m pool): 01:27.23 Kortrijk 16/02/2025							PB (25m pool): 01:35.78 SB: no time	
	5 0 M	1 0 0 M						
PB	00:37.79	01:27.23						
	00:37.79	00:49.44						
								

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:7, starttime: 10:05
Heat: 7/11 Lane : 6 Athlete: VANDEMAELE EGON			Q-time: 01:17:29
PB (50m pool): 01:17.29 Wezenberg 04/01/2026			PB (25m pool): 01:20.06 SB: 01:17.29 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.96	01:17.29	
	00:34.96	00:42.33	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:9, starttime: 10:10
Heat: 9/11 Lane : 3 Athlete: VANDEMAELE JACOB			Q-time: 01:09:44
PB (50m pool): 01:06.89 Brugge 01/02/2026			PB (25m pool): 01:08.87 SB: 01:06.89 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.75	01:06.89	
	00:31.75	00:35.14	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:9, starttime: 10:10
Heat: 9/11 Lane : 8 Athlete: VANNESTE DAAN			Q-time: 01:11:55
PB (50m pool): 01:11.55 Wezenberg 04/01/2026			PB (25m pool): 01:10.59 SB: 01:11.55 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:33.63	01:11.55	
	00:33.63	00:37.92	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:11, starttime: 10:15
Heat: 11/11 Lane : 1 Athlete: PICEU SEPPE			Q-time: 01:05:05
PB (50m pool): 01:05.05 Wezenberg 04/01/2026			PB (25m pool): 01:04.41 SB: 01:05.05 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:30.01	01:05.05	
	00:30.01	00:35.04	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:9, starttime: 11:10
Heat: 9/19 Lane : 1 Athlete: GOEMAERE CYRIEL			Q-time: 01:11:80
PB (50m pool): 01:10.64 Brugge 01/02/2026			PB (25m pool): 01:08.59 SB: 01:10.64 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.41	01:10.64	
	00:33.41	00:37.23	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:13, starttime: 11:15
Heat: 13/19 Lane : 6 Athlete: DE BAL LUCAS			Q-time: 01:05:77
PB (50m pool): 01:03.81 Brugge 01/02/2026			PB (25m pool): 01:04.51 SB: 01:03.81 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:30.34	01:03.81	
	00:30.34	00:33.47	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:14, starttime: 11:15
Heat: 14/19 Lane : 0 Athlete: THUYLIE VIC			Q-time: 01:05:48
PB (50m pool): 01:05.48 Wezenberg 03/01/2026			PB (25m pool): 01:03.70 SB: 01:05.48 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:31.77	01:05.48	
	00:31.77	00:33.71	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:16, starttime: 11:20
Heat: 16/19 Lane : 3 Athlete: VANDEMAELE JACOB			Q-time: 01:01:21
PB (50m pool): 01:00.75 Brugge 01/02/2026			PB (25m pool): 01:01.34 SB: 01:00.75 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:29.49	01:00.75	
	00:29.49	00:31.26	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:19, starttime: 11:25
Heat: 19/19 Lane : 0 Athlete: DECUPERE ALEX			Q-time: 00:56:77
PB (50m pool): 00:56.47 Brugge 01/02/2026			PB (25m pool): 00:55.72 SB: 00:56.47 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:27.38	00:56.47	
	00:27.38	00:29.09	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:8, starttime: 11:45
Heat: 8/21 Lane : 1 Athlete: ZEPHIRIN ASTRID			Q-time: 01:30:68
PB (50m pool): 01:26.93 Brugge 01/02/2026			PB (25m pool): 01:25.94 SB: 01:26.93 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:42.50	01:26.93	
	00:42.50	00:44.43	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:10, starttime: 11:50
Heat: 10/21 Lane : 0 Athlete: DUMORTIER ELISE			Q-time: 01:28:12
PB (50m pool): 01:28.12 Wezenberg 04/01/2026			PB (25m pool): 01:34.31 SB: 01:28.12 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:42.73	01:28.12	
	00:42.73	00:45.39	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:13, starttime: 11:55
Heat: 13/21 Lane : 7 Athlete: VERVENNE LOUISA			Q-time: 01:23:22
PB (50m pool): 01:23.21 Brugge 01/02/2026			PB (25m pool): 01:22.75 SB: 01:23.21 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:40.91	01:23.21	
	00:40.91	00:42.30	
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16				Heat:18, starttime: 12:05	
Heat: 18/21 Lane : 4 Athlete: FEYS FARAH				Q-time: 01:15:84	
PB (50m pool): 01:13.69 Brugge 01/02/2026				PB (25m pool): 01:12.64 SB: 01:13.69 Brugge 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:35.95	01:13.69			
	00:35.95	00:37.74			
					

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16				Heat:18, starttime: 12:05	
Heat: 18/21 Lane : 7 Athlete: DECUPERE LAURENCE				Q-time: 01:16:44	
PB (50m pool): 01:16.44 Wezenberg 04/01/2026				PB (25m pool): 01:14.73 SB: 01:16.44 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M			
PB	00:37.48	01:16.44			
	00:37.48	00:38.96			
					

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:11, starttime: 13:00	
Heat: 11/11 Lane : 9 Athlete: VANDEMAELE EGON					Q-time: 02:43:50	
PB (50m pool): 02:43.50 Kortrijk 26/12/2025					PB (25m pool): 02:39.88 SB: 02:43.50 Kortrijk 26/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.35	01:16.49	02:07.49	02:43.50		
	00:35.35	00:41.14	00:51.00	00:36.01		
						

Coach feedback: