

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

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

Coaches: Tampieri Matteo HEADCOACH

PB => Personal Best time

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

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:9, starttime: 10:10
Heat: 9/11 Lane : 1 Athlete: MEREMANS MATHYS			Q-time: 01:11:15
PB (50m pool): 01:11.15 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:09.02 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.57	01:11.15	
	00:32.57	00:38.58	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:10, starttime: 10:10
Heat: 10/11 Lane : 8 Athlete: BOBEV BOYAN			Q-time: 01:08:28
PB (50m pool): 01:08.28 Antwerpen 13/07/2025 PB (25m pool): 01:04.97 SB: 01:11.30 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M	
PB	00:30.59	01:08.28	
	00:30.59	00:37.69	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:10, starttime: 10:10
Heat: 10/11 Lane : 9 Athlete: ZOUHRI AMIR			Q-time: 01:09:00
PB (50m pool): 01:09.00 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:03.32 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.11	01:09.00	
	00:31.11	00:37.89	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:11, starttime: 10:15
Heat: 11/11 Lane : 5 Athlete: BERLAMONT DAAN			Q-time: 01:00:26
PB (50m pool): 01:00.26 Antwerpen 27/07/2025			PB (25m pool): 00:58.92 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.70	01:00.26	
	00:27.70	00:32.56	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:17, starttime: 10:50
Heat: 17/18 Lane : 0 Athlete: ADELMANN CLARA CENXI			Q-time: 01:23:93
PB (50m pool): 01:22.77 Antwerp 28/01/2024			PB (25m pool): 01:18.95 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:22.77	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:18, starttime: 10:50
Heat: 18/18 Lane : 4 Athlete: WATELLE NONA			Q-time: 01:16:19
PB (50m pool): 01:16.19 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:16.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.88	01:16.19	
	00:35.88	00:40.31	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:18, starttime: 10:50
Heat: 18/18 Lane : 7 Athlete: THYS LENA			Q-time: 01:21:07
PB (50m pool): 01:21.03 Antwerpen 21/07/2024			PB (25m pool): 01:18.19 SB: 01:22.63 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:21.03	
	no time		
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:17, starttime: 11:20
Heat: 17/19 Lane : 3 Athlete: BOBEV BOYAN			Q-time: 00:59:70
PB (50m pool): 00:59.70 Antwerpen 13/07/2025			PB (25m pool): 00:57.91 SB: 01:01.47 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:28.66	00:59.70	
	00:28.66	00:31.04	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:18, starttime: 11:25
Heat: 18/19 Lane : 2 Athlete: MEREMANS MATHYS			Q-time: 00:58:38
PB (50m pool): 00:58.38 Antwerpen 27/07/2025			PB (25m pool): 00:57.35 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.50	00:58.38	
	00:28.50	00:29.88	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:19, starttime: 11:25
Heat: 19/19 Lane : 5 Athlete: BERLAMONT DAAN			Q-time: 00:54:60
PB (50m pool): 00:54.60 Antwerpen 27/07/2025			PB (25m pool): 00:52.83 SB: 00:55.23 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:26.65	00:54.60	
	00:26.65	00:27.95	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:19, starttime: 11:25
Heat: 19/19 Lane : 7 Athlete: ZOUHRI AMIR			Q-time: 00:55:65
PB (50m pool): 00:55.65 Wezenberg 03/01/2026			PB (25m pool): 00:54.47 SB: 00:55.65 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:27.20	00:55.65	
	00:27.20	00:28.45	
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:18, starttime: 12:05
Heat: 18/21 Lane : 6 Athlete: THYS LENA			Q-time: 01:16:20
PB (50m pool): 01:16.20 Wezenberg 03/01/2026			PB (25m pool): 01:16.22 SB: 01:16.20 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:36.62	01:16.20	
	00:36.62	00:39.58	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:20, starttime: 12:10
Heat: 20/21 Lane : 7 Athlete: WATELLE NONA			Q-time: 01:13:39
PB (50m pool): 01:13.39 Antwerpen 27/07/2025			PB (25m pool): 01:11.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.57	01:13.39	
	00:35.57	00:37.82	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:21, starttime: 12:10
Heat: 21/21 Lane : 9 Athlete: ADELMANN CLARA CENXI			Q-time: 01:11:68
PB (50m pool): 01:11.68 Antwerpen 27/07/2025			PB (25m pool): 01:11.03 SB: 01:14.73 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:11.68	
	no time		
			

Coach feedback: