

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

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

Coaches: Van Mieghem Evelien HEADCOACH

Coaches: Lammens Tim

Coaches: Felies Jürgen

PB => Personal Best time

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

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:2, starttime: 09:55
Heat: 2/11 Lane : 2 Athlete: DE RYBEL ANTHONY			Q-time: 01:43:42
PB (50m pool): 01:43.42 Olympic Pool Wezenberg, Antwer 30/07/25 PB (25m pool): 01:29.63 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.16	01:43.42	
	00:45.16	00:58.26	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:4, starttime: 10:00
Heat: 4/11 Lane : 8 Athlete: ROGIERS LUCAS			Q-time: 01:29:97
PB (50m pool): no time PB (25m pool): 01:26.73 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:6, starttime: 10:05
Heat: 6/11 Lane : 3 Athlete: ROGIERS LOUIS			Q-time: 01:20:00
PB (50m pool): 01:20.00 Antwerpen 20/07/2025 PB (25m pool): 01:16.61 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.06	01:20.00	
	00:37.06	00:42.94	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:7, starttime: 10:05
Heat: 7/11 Lane : 3 Athlete: VERHENNE TIM			Q-time: 01:16:76
PB (50m pool): 01:16.76 Antwerpen 13/07/2025			PB (25m pool): 01:15.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.65	01:16.76	
	00:35.65	00:41.11	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:8, starttime: 10:10
Heat: 8/11 Lane : 3 Athlete: VAN ACHTER MAURO			Q-time: 01:12:84
PB (50m pool): 01:12.84 Aalst 11/05/2025			PB (25m pool): 01:11.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.53	01:12.84	
	00:33.53	00:39.31	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:8, starttime: 10:10
Heat: 8/11 Lane : 9 Athlete: VAN LAERE JUUL			Q-time: 01:16:04
PB (50m pool): 01:16.04 Antwerp 02/02/2025			PB (25m pool): 01:10.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.88	01:16.04	
	00:33.88	00:42.16	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:2, starttime: 10:20
Heat: 2/18 Lane : 1 Athlete: LAMMENS YELISA			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:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:2, starttime: 10:20
Heat: 2/18 Lane : 7 Athlete: NEETESONNE LOTTE			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: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:3, starttime: 10:20
Heat: 3/18 Lane : 1 Athlete: BOGAERT TIRZA			Q-time: 02:10:91
PB (50m pool): 02:10.91 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	01:02.51	02:10.91	
	01:02.51	01:08.40	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:3, starttime: 10:20
Heat: 3/18 Lane : 2 Athlete: VAN ACHTER JUNE			Q-time: 02:01:08
PB (50m pool): 02:01.08 Aalst 11/05/2025 PB (25m pool): 01:49.88 SB: no time			
	5 0 M	1 0 0 M	
PB	00:57.69	02:01.08	
	00:57.69	01:03.39	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:3, starttime: 10:20
Heat: 3/18 Lane : 7 Athlete: ROGIERS LOTTE			Q-time: 02:09:39
PB (50m pool): 02:09.39 WACHTEBEKE 19/01/2025 PB (25m pool): 01:50.96 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	02:09.39	
	no time		
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:4, starttime: 10:25
Heat: 4/18 Lane : 5 Athlete: PHILIPS NOé			Q-time: 01:53:18
PB (50m pool): 01:53.18 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:47.43 SB: no time			
	5 0 M	1 0 0 M	
PB	00:53.55	01:53.18	
	00:53.55	00:59.63	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:5, starttime: 10:25
Heat: 5/18 Lane : 0 Athlete: VAN SLYCKEN LOUISE			Q-time: 01:50:85
PB (50m pool): 01:50.85 Aalst 11/05/2025 PB (25m pool): 01:41.15 SB: no time			
	5 0 M	1 0 0 M	
PB	00:52.60	01:50.85	
	00:52.60	00:58.25	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:5, starttime: 10:25
Heat: 5/18 Lane : 7 Athlete: BOGAERT AMANI			Q-time: 01:49:92
PB (50m pool): 01:49.92 Aalst 11/05/2025 PB (25m pool): 01:44.35 SB: no time			
	5 0 M	1 0 0 M	
PB	00:53.03	01:49.92	
	00:53.03	00:56.89	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:11, starttime: 10:40
Heat: 11/18 Lane : 0 Athlete: JACOBS EVA			Q-time: 01:37:21
PB (50m pool): 01:37.21 Antwerp 04/02/2024 PB (25m pool): 01:33.73 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:37.21	
	no time		
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:12, starttime: 10:40
Heat: 12/18 Lane : 1 Athlete: LAMMENS ALIX			Q-time: 01:34:31
PB (50m pool): 01:34.31 Antwerpen 20/07/2025			PB (25m pool): 01:30.59 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.45	01:34.31	
	00:45.45	00:48.86	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:2, starttime: 10:55
Heat: 2/19 Lane : 4 Athlete: GOOSSENS HENDRIK			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: 5: 100M FREESTYLE MEN 11-16			Heat:2, starttime: 10:55
Heat: 2/19 Lane : 7 Athlete: VAN DEN BORRE AARON			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: 5: 100M FREESTYLE MEN 11-16			Heat:3, starttime: 11:00
Heat: 3/19 Lane : 4 Athlete: YILDIZ AMMAR			Q-time: 01:33:23
PB (50m pool): 01:33.23 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:25.01 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:33.23	
	no time		
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:7, starttime: 11:05
Heat: 7/19 Lane : 2 Athlete: ROGIERS LUCAS			Q-time: 01:15:93
PB (50m pool): 01:15.93 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:10.67 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.67	01:15.93	
	00:36.67	00:39.26	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:8, starttime: 11:05
Heat: 8/19 Lane : 2 Athlete: DE RYBEL ANTHONY			Q-time: 01:14:61
PB (50m pool): 01:14.61 Antwerpen 13/07/2025 PB (25m pool): 01:09.64 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.20	01:14.61	
	00:35.20	00:39.41	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:11, starttime: 11:10
Heat: 11/19 Lane : 3 Athlete: ROGIERS LOUIS			Q-time: 01:08:47
PB (50m pool): 01:08.47 Antwerpen 20/07/2025 PB (25m pool): 01:05.32 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.51	01:08.47	
	00:33.51	00:34.96	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:13, starttime: 11:15
Heat: 13/19 Lane : 5 Athlete: VERHENNE TIM			Q-time: 01:05:70
PB (50m pool): 01:05.70 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:01.13 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.64	01:05.70	
	00:31.64	00:34.06	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:14, starttime: 11:15
Heat: 14/19 Lane : 6 Athlete: VAN ACHTER MAURO			Q-time: 01:05:05
PB (50m pool): 01:05.05 Aalst 11/05/2025			PB (25m pool): 01:02.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.34	01:05.05	
	00:31.34	00:33.71	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:15, starttime: 11:20
Heat: 15/19 Lane : 3 Athlete: VAN LAERE JUUL			Q-time: 01:03:07
PB (50m pool): 01:03.07 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 00:58.90 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.86	01:03.07	
	00:29.86	00:33.21	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:2, starttime: 11:30
Heat: 2/21 Lane : 5 Athlete: LAMMENS YELISA			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:2, starttime: 11:30
Heat: 2/21 Lane : 6 Athlete: NEETESONNE LOTTE			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:

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

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:3, starttime: 11:30
Heat: 3/21 Lane : 1 Athlete: PHILIPS NOé			Q-time: 01:56:32
PB (50m pool): 01:56.32 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:43.44 SB: no time			
	5 0 M	1 0 0 M	
PB	00:57.66	01:56.32	
	00:57.66	00:58.66	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:3, starttime: 11:30
Heat: 3/21 Lane : 2 Athlete: VAN ACHTER JUNE			Q-time: 01:52:83
PB (50m pool): 01:52.83 Antwerp 02/02/2025 PB (25m pool): 01:33.96 SB: no time			
	5 0 M	1 0 0 M	
PB	00:56.05	01:52.83	
	00:56.05	00:56.78	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:3, starttime: 11:30
Heat: 3/21 Lane : 5 Athlete: ROGIERS LOTTE			Q-time: 01:43:62
PB (50m pool): 01:43.62 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:31.18 SB: no time			
	5 0 M	1 0 0 M	
PB	00:51.81	01:43.62	
	00:51.81	00:51.81	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:3, starttime: 11:30
Heat: 3/21 Lane : 7 Athlete: BOGAERT TIRZA			Q-time: 01:53:17
PB (50m pool): 01:53.17 Antwerp 02/02/2025 PB (25m pool): 01:38.81 SB: no time			
	5 0 M	1 0 0 M	
PB	00:55.14	01:53.17	
	00:55.14	00:58.03	
			

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:5, starttime: 11:35
Heat: 5/21 Lane : 3 Athlete: BOGAERT AMANI			Q-time: 01:36:71
PB (50m pool): 01:36.71 Antwerp 02/02/2025			PB (25m pool): 01:21.93 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.91	01:36.71	
	00:47.91	00:48.80	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:6, starttime: 11:40
Heat: 6/21 Lane : 5 Athlete: VAN SLYCKEN LOUISE			Q-time: 01:34:35
PB (50m pool): no time			PB (25m pool): 01:29.10 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:15, starttime: 12:00
Heat: 15/21 Lane : 2 Athlete: JACOBS EVA			Q-time: 01:20:10
PB (50m pool): 01:19.80 Gent (Rozebroeken) 03/03/2024			PB (25m pool): 01:17.19 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:19.80	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:18, starttime: 12:05
Heat: 18/21 Lane : 3 Athlete: LAMMENS ALIX			Q-time: 01:16:11
PB (50m pool): 01:16.11 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:11.97 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.19	01:16.11	
	00:37.19	00:38.92	
			

Coach feedback:

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

Event number: 8: 200M MEDLEY MEN 11-14					Heat:2, starttime: 12:30
Heat: 2/11 Lane : 1 Athlete: VAN DEN BORRE AARON					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:2, starttime: 12:30
Heat: 2/11 Lane : 4 Athlete: GOOSSENS HENDRIK					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: