

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

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

Coaches: Devriese Boris

Coaches: Wielfaert Wout

Coaches: Speliers Sabrina 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 : 8 Athlete: DE KETELAERE FEBE							Q-time: 07:06:28	
PB (50m pool): 07:06.28 La Louvière 25/05/2025			PB (25m pool): 06:41.49 SB: 07:08.55 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	no time	01:40.97	no time	03:30.96	no time	05:21.24	no time	07:06.28
	no time							
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 09:30	
Heat: 4/7 Lane : 6 Athlete: VAN LIERDE ROOS							Q-time: 05:49:26	
PB (50m pool): 05:49.26 Kortrijk 26/12/2025				PB (25m pool): 05:37.86SB: 05:49.26 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	00:36.92	01:21.04	02:05.25	02:49.98	03:34.65	04:21.23	05:05.23	05:49.26
	00:36.92	00:44.12	00:44.21	00:44.73	00:44.67	00:46.58	00:44.00	00:44.03
								

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16										Heat:3, starttime: 10:00	
Heat: 3/11 Lane : 3 Athlete: VAN NIEUWENHUYZE LUKAS										Q-time: 01:33:65	
PB (50m pool): 02:13.95 Antwerpen 14/07/2024										PB (25m pool): 01:33.65SB: no time	
	5 0 M		1 0 0 M								
PB	no time		02:13.95								
	no time										
											

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:4, starttime: 10:00
Heat: 4/11 Lane : 2 Athlete: VAN BRAECKEL SEPPE			Q-time: 01:28:83
PB (50m pool): 01:28.83 Antwerp 26/01/2025			PB (25m pool): 01:28.67 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.36	01:28.83	
	00:41.36	00:47.47	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:5, starttime: 10:05
Heat: 5/11 Lane : 6 Athlete: BOONEN KAREL			Q-time: 01:23:46
PB (50m pool): 01:23.46 Antwerpen 20/07/2025			PB (25m pool): 01:20.74 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.52	01:23.46	
	00:38.52	00:44.94	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:5, starttime: 10:25
Heat: 5/18 Lane : 6 Athlete: BERTE LISE			Q-time: 01:49:49
PB (50m pool): 01:49.49 MOUSCRON 29/05/2025			PB (25m pool): 01:38.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:52.62	01:49.49	
	00:52.62	00:56.87	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:6, starttime: 10:30
Heat: 6/18 Lane : 0 Athlete: VAN DE WALLE NORA			Q-time: 01:48:07
PB (50m pool): 01:48.07 Antwerp 02/02/2025			PB (25m pool): 01:43.64 SB: no time
	5 0 M	1 0 0 M	
PB	00:51.46	01:48.07	
	00:51.46	00:56.61	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:5, starttime: 11:00
Heat: 5/19 Lane : 0 Athlete: VAN LIERDE DAAN			Q-time: 01:24:68
PB (50m pool): 01:24.68 Antwerpen 13/07/2025			PB (25m pool): 01:25.39 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.23	01:24.68	
	00:41.23	00:43.45	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:7, starttime: 11:05
Heat: 7/19 Lane : 0 Athlete: DE REGGE MATTEO			Q-time: 01:16:89
PB (50m pool): 01:16.89 Antwerpen 13/07/2025			PB (25m pool): 01:09.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.11	01:16.89	
	00:37.11	00:39.78	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:1, starttime: 11:25
Heat: 1/21 Lane : 2 Athlete: BERTE LISE			Q-time: 99:99:99
PB (50m pool): 01:43.55 Gent (Rozebroeken) 03/03/2024			PB (25m pool): 01:31.40 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:43.55	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:7, starttime: 11:40
Heat: 7/21 Lane : 5 Athlete: VAN DE WALLE NORA			Q-time: 01:31:74
PB (50m pool): 01:30.11 LOCHRISTI 25/01/2026			PB (25m pool): 01:29.76 SB: 01:30.11 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:30.11	
	no time		
			

Coach feedback:

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Event number: 8: 200M MEDLEY MEN 11-14					Heat:4, starttime: 12:35
Heat: 4/11 Lane : 5 Athlete: VAN LIERDE DAAN					Q-time: 03:38:46
PB (50m pool): 03:38.46 Antwerpen 13/07/2025					PB (25m pool): 03:46.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:54.80	01:47.64	02:51.56	03:38.46	
	00:54.80	00:52.84	01:03.92	00:46.90	
					

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:7, starttime: 12:50
Heat: 7/11 Lane : 0 Athlete: VAN NIEUWENHUYZE LUKAS					Q-time: 03:09:39
PB (50m pool): 03:09.39 Kortrijk 26/12/2025					PB (25m pool): 03:28.13 SB: 03:09.39 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.90	01:35.28	02:27.25	03:09.39	
	00:43.90	00:51.38	00:51.97	00:42.14	
					

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:7, starttime: 12:50
Heat: 7/11 Lane : 6 Athlete: DE REGGE MATTEO					Q-time: 03:03:91
PB (50m pool): no time					PB (25m pool): 03:03.91 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 : 7 Athlete: VAN BRAECKEL SEPPE					Q-time: 02:58:80
PB (50m pool): 02:58.80 Antwerpen 20/07/2025					PB (25m pool): 02:55.99 SB: 03:08.21 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.56	01:25.82	02:19.61	02:58.80	
	00:41.56	00:44.26	00:53.79	00:39.19	
					

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Event number: 8: 200M MEDLEY MEN 11-14					Heat:9, starttime: 12:55
Heat: 9/11 Lane : 6 Athlete: BOONEN KAREL					Q-time: 02:52:99
PB (50m pool): 02:52.99 Antwerpen 20/07/2025					PB (25m pool): 02:44.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.29	01:21.67	02:14.98	02:52.99	
	00:39.29	00:42.38	00:53.31	00:38.01	
					

Coach feedback: