

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

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

Coaches: Vandermeulen Eric

Coaches: Goossens Nicole HEADCOACH

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11-14 Heat:4, starttime: 09:30

Heat: 4/7 Lane : 2 Athlete: VAN DE VYVERE LENA Q-time: 05:53:76

PB (50m pool): 06:00.93 LOCHRISTI 25/01/2026 PB (25m pool): 05:53.76 SB: 06:00.93 LOCHRISTI 25/01/2026

	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	01:22.71	no time	02:54.88	no time	no time	no time	06:00.93
	no time							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16 Heat:11, starttime: 10:40

Heat: 11/18 Lane : 3 Athlete: WULLAERT LIESE Q-time: 01:36:01

PB (50m pool): 01:44.37 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:36.01 SB: no time

	5 0 M	1 0 0 M	
PB	00:50.01	01:44.37	
	00:50.01	00:54.36	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16 Heat:13, starttime: 10:40

Heat: 13/18 Lane : 5 Athlete: VERHULST NOOR Q-time: 01:32:10

PB (50m pool): 01:38.06 WACHTEBEKE 19/01/2025 PB (25m pool): 01:32.10 SB: no time

	5 0 M	1 0 0 M	
PB	no time	01:38.06	
	no time		
			

Coach feedback:

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:15, starttime: 10:45
Heat: 15/18 Lane : 1 Athlete: VAN DAELE JOSEFIEN			Q-time: 01:28:95
PB (50m pool): 01:34.91 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:28.95 SB: no time			
	5 0 M	1 0 0 M	
PB	00:44.91	01:34.91	
	00:44.91	00:50.00	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:15, starttime: 10:45
Heat: 15/18 Lane : 4 Athlete: HEBB MINNE			Q-time: 01:27:92
PB (50m pool): 01:34.85 Antwerp 04/02/2024 PB (25m pool): 01:27.92 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:34.85	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:16, starttime: 10:50
Heat: 16/18 Lane : 4 Athlete: WULLAERT FIEN			Q-time: 01:25:11
PB (50m pool): 01:28.35 Antwerp 02/02/2025 PB (25m pool): 01:25.11 SB: no time			
	5 0 M	1 0 0 M	
PB	00:41.50	01:28.35	
	00:41.50	00:46.85	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:18, starttime: 10:50
Heat: 18/18 Lane : 9 Athlete: DE BRABANDER CELESTE			Q-time: 01:22:53
PB (50m pool): 01:27.11 Antwerp 02/02/2025 PB (25m pool): 01:22.53 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.30	01:27.11	
	00:40.30	00:46.81	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:16, starttime: 11:20
Heat: 16/19 Lane : 4 Athlete: BOURDIAUDHY THIBAU			Q-time: 01:00:70
PB (50m pool): 01:04.22 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:00.66 SB: no time			
	5 0 M	1 0 0 M	
PB	00:30.67	01:04.22	
	00:30.67	00:33.55	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:16, starttime: 11:20
Heat: 16/19 Lane : 6 Athlete: VANHAVERE DAAN			Q-time: 01:01:69
PB (50m pool): 01:09.81 Antwerp 02/02/2025 PB (25m pool): 01:01.69 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.54	01:09.81	
	00:33.54	00:36.27	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:17, starttime: 11:20
Heat: 17/19 Lane : 6 Athlete: VAN GOETHEM ARTHUR			Q-time: 00:59:79
PB (50m pool): 01:05.45 Aalst 11/05/2025 PB (25m pool): 00:59.79 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.41	01:05.45	
	00:31.41	00:34.04	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:17, starttime: 11:20
Heat: 17/19 Lane : 7 Athlete: VERHAGEN TOON			Q-time: 00:59:82
PB (50m pool): 01:01.94 Antwerpen 20/07/2025 PB (25m pool): 00:59.82 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:01.94	
	no time		
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:8, starttime: 11:45
Heat: 8/21 Lane : 4 Athlete: WULLAERT LIESE			Q-time: 01:29:66
PB (50m pool): no time			PB (25m pool): 01:29.66 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:8, starttime: 11:45
Heat: 8/21 Lane : 9 Athlete: VAN DE VYVERE LENA			Q-time: 01:31:08
PB (50m pool): 01:31.46 LOCHRISTI 25/01/2026			PB (25m pool): 01:31.08 SB: 01:31.46 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:31.46	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:10, starttime: 11:50
Heat: 10/21 Lane : 6 Athlete: PUNZO MICHELLE			Q-time: 01:27:86
PB (50m pool): 01:30.62 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:27.86 SB: 01:32.03 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	00:44.49	01:30.62	
	00:44.49	00:46.13	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:15, starttime: 12:00
Heat: 15/21 Lane : 5 Athlete: VERHULST NOOR			Q-time: 01:20:07
PB (50m pool): 01:23.08 LOCHRISTI 25/01/2026			PB (25m pool): 01:20.07 SB: 01:23.08 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.08	
	no time		
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:17, starttime: 12:05
Heat: 17/21 Lane : 1 Athlete: HEBB MINNE			Q-time: 01:17:78
PB (50m pool): 01:19.02 LOCHRISTI 25/01/2026			PB (25m pool): 01:17.78 SB: 01:19.02 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:19.02	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:17, starttime: 12:05
Heat: 17/21 Lane : 3 Athlete: VAN DAELE JOSEFIEN			Q-time: 01:17:40
PB (50m pool): 01:19.91 LOCHRISTI 25/01/2026			PB (25m pool): 01:17.40 SB: 01:19.91 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:19.91	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:19, starttime: 12:05
Heat: 19/21 Lane : 5 Athlete: DE SMET AMÉLIE			Q-time: 01:14:04
PB (50m pool): 01:16.66 Antwerpen 20/07/2025			PB (25m pool): 01:14.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.18	01:16.66	
	00:37.18	00:39.48	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:19, starttime: 12:05
Heat: 19/21 Lane : 6 Athlete: DE BRABANDER CELESTE			Q-time: 01:14:17
PB (50m pool): 01:18.65 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 01:14.17 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.34	01:18.65	
	00:38.34	00:40.31	
			

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 11-16				Heat:19, starttime: 12:05
Heat: 19/21 Lane : 7 Athlete: WULLAERT FIEN				Q-time: 01:14:66
PB (50m pool): 01:17.64 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:14.66 SB: no time				
	5 0 M	1 0 0 M		
PB	00:38.68	01:17.64		
	00:38.68	00:38.96		
				

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14				Heat:11, starttime: 13:00
Heat: 11/11 Lane : 4 Athlete: VAN GOETHEM ARTHUR				Q-time: 02:26:65
PB (50m pool): 02:29.88 Antwerpen 20/07/2025 PB (25m pool): 02:26.65 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:32.24	01:12.12	01:55.45	02:29.88
	00:32.24	00:39.88	00:43.33	00:34.43
				

Coach feedback: