

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

Coachinfo: Warming up from: 08:00 untill 08:45. Teamleadmeeting @ 08:45

The listed starttimes are indicative!

Coaches: Veys Lies

Coaches: Vancamelbeke Pieter HEADCOACH

Coaches: Vanden Abeele Syl

Coaches: Planckaert Pieter

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 : 9 Athlete: DHUYVETTER EM

Q-time: 06:02:50

PB (50m pool): 06:02.50 Kortrijk 26/12/2025

PB (25m pool): 06:07.99 SB: 06:02.50 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	00:39.26	01:25.53	02:11.95	02:59.17	03:45.89	04:33.60	05:19.95	06:02.50
	00:39.26	00:46.27	00:46.42	00:47.22	00:46.72	00:47.71	00:46.35	00:42.55
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14

Heat:5, starttime: 09:35

Heat: 5/7 Lane : 0 Athlete: TUYTENS LAURE

Q-time: 05:32:87

PB (50m pool): 05:36.05 Kortrijk 26/12/2025

PB (25m pool): 05:32.87 SB: 05:36.05 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	00:37.49	01:20.06	02:03.15	02:47.08	03:30.61	04:14.54	04:57.61	05:36.05
	00:37.49	00:42.57	00:43.09	00:43.93	00:43.53	00:43.93	00:43.07	00:38.44
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14

Heat:7, starttime: 09:50

Heat: 7/7 Lane : 5 Athlete: LIBBRECHT ZOë

Q-time: 04:43:78

PB (50m pool): 04:44.51 Antwerpen 20/07/2025

PB (25m pool): 04:43.78 SB: no time

	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	00:32.28	01:07.95	01:44.64	02:21.65	02:57.91	03:34.70	04:11.01	04:44.51
	00:32.28	00:35.67	00:36.69	00:37.01	00:36.26	00:36.79	00:36.31	00:33.50
								

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:2, starttime: 09:55
Heat: 2/11 Lane : 4 Athlete: DE BAERE ARNAUD			Q-time: 01:39:63
PB (50m pool): 01:38.43 Brugge 01/02/2026			PB (25m pool): 01:36.83 SB: 01:38.43 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:42.67	01:38.43	
	00:42.67	00:55.76	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:2, starttime: 09:55
Heat: 2/11 Lane : 6 Athlete: HEYLIGEN FELL			Q-time: 01:43:16
PB (50m pool): 01:43.16 Antwerpen 13/07/2025			PB (25m pool): 01:54.67 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.08	01:43.16	
	00:46.08	00:57.08	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:3, starttime: 10:00
Heat: 3/11 Lane : 6 Athlete: BOHIJN MILO			Q-time: 01:33:66
PB (50m pool): 01:42.12 Antwerpen 20/07/2025			PB (25m pool): 01:30.94 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.83	01:42.12	
	00:44.83	00:57.29	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:3, starttime: 10:00
Heat: 3/11 Lane : 7 Athlete: SANDRA TUUR			Q-time: 01:34:24
PB (50m pool): 01:47.29 Antwerpen 13/07/2025			PB (25m pool): 01:34.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.30	01:47.29	
	00:50.30	00:56.99	
			

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:7, starttime: 10:05
Heat: 7/11 Lane : 0 Athlete: MOENENS MATTEO			Q-time: 01:18:96
PB (50m pool): 01:20.23 Brugge 01/02/2026			PB (25m pool): 01:18.96 SB: 01:20.23 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.07	01:20.23	
	00:38.07	00:42.16	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:10, starttime: 10:35
Heat: 10/18 Lane : 7 Athlete: VANCAMELBEKE LOTTE			Q-time: 01:38:88
PB (50m pool): 01:41.65 Brugge 01/02/2026			PB (25m pool): 01:38.88 SB: 01:41.65 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:46.70	01:41.65	
	00:46.70	00:54.95	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:11, starttime: 10:40
Heat: 11/18 Lane : 5 Athlete: CALLENS MARGAUX			Q-time: 01:35:72
PB (50m pool): 01:37.62 Antwerpen 13/07/2025			PB (25m pool): 01:35.72 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.43	01:37.62	
	00:45.43	00:52.19	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:5, starttime: 11:00
Heat: 5/19 Lane : 3 Athlete: WINDELS JACK			Q-time: 01:21:82
PB (50m pool): 01:21.72 Brugge 01/02/2026			PB (25m pool): 01:21.82 SB: 01:21.72 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.16	01:21.72	
	00:39.16	00:42.56	
			

Coach feedback:

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

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:6, starttime: 11:05
Heat: 6/19 Lane : 6 Athlete: BOHIJN NAUD			Q-time: 01:19:11
PB (50m pool): 01:19.83 Brugge 01/02/2026			PB (25m pool): 01:19.11 SB: 01:19.83 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.14	01:19.83	
	00:38.14	00:41.69	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:9, starttime: 11:10
Heat: 9/19 Lane : 0 Athlete: DE BAERE ARNAUD			Q-time: 01:12:89
PB (50m pool): 01:13.55 Brugge 01/02/2026			PB (25m pool): 01:12.89 SB: 01:13.55 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:36.08	01:13.55	
	00:36.08	00:37.47	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:8, starttime: 11:45
Heat: 8/21 Lane : 5 Athlete: DHUYVETTER EM			Q-time: 01:29:76
PB (50m pool): 01:29.97 Brugge 01/02/2026			PB (25m pool): 01:29.76 SB: 01:29.97 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:44.30	01:29.97	
	00:44.30	00:45.67	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:9, starttime: 11:45
Heat: 9/21 Lane : 9 Athlete: VANCAMELBEKE LOTTE			Q-time: 01:29:62
PB (50m pool): 01:31.30 Brugge 01/02/2026			PB (25m pool): 01:29.62 SB: 01:31.30 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:43.77	01:31.30	
	00:43.77	00:47.53	
			

Coach feedback:

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

Event number: 6: 100M BACKSTROKE WOMEN 11-16				Heat:13, starttime: 11:55	
Heat: 13/21 Lane : 4 Athlete: CALLENS MARGAUX				Q-time: 01:21:77	
PB (50m pool): 01:24.50 Antwerpen 13/07/2025				PB (25m pool): 01:21.77 SB: no time	
	5 0 M	1 0 0 M			
PB	00:41.46	01:24.50			
	00:41.46	00:43.04			
					

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16				Heat:13, starttime: 11:55	
Heat: 13/21 Lane : 9 Athlete: TUYTENS LAURE				Q-time: 01:23:77	
PB (50m pool): 01:27.22 Antwerpen 20/07/2025				PB (25m pool): 01:23.77 SB: 01:28.85 Brugge 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:42.04	01:27.22			
	00:42.04	00:45.18			
					

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16				Heat:21, starttime: 12:10	
Heat: 21/21 Lane : 7 Athlete: LIBBRECHT ZOë				Q-time: 01:10:03	
PB (50m pool): 01:14.36 Antwerpen 20/07/2025				PB (25m pool): 01:10.03 SB: no time	
	5 0 M	1 0 0 M			
PB	00:35.94	01:14.36			
	00:35.94	00:38.42			
					

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:6, starttime: 12:45	
Heat: 6/11 Lane : 2 Athlete: WINDELS JACK					Q-time: 03:11:97	
PB (50m pool): 03:21.05 Antwerpen 13/07/2025					PB (25m pool): 03:11.97 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:46.04	01:36.81	02:34.29	03:21.05		
	00:46.04	00:50.77	00:57.48	00:46.76		
						

Coach feedback:

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Event number: 8: 200M MEDLEY MEN 11-14					Heat:6, starttime: 12:45
Heat: 6/11 Lane : 8 Athlete: BOHIJN NAUD					Q-time: 03:14:54
PB (50m pool): no time PB (25m pool): 03:14.54 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:6, starttime: 12:45
Heat: 6/11 Lane : 9 Athlete: SANDRA TUUR					Q-time: 03:16:43
PB (50m pool): 03:16.43 Kortrijk 26/12/2025 PB (25m pool): 03:20.95 SB: 03:16.43 Kortrijk 26/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.07	01:37.69	02:34.80	03:16.43	
	00:46.07	00:51.62	00:57.11	00:41.63	
					

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:7, starttime: 12:50
Heat: 7/11 Lane : 5 Athlete: HEYLIGEN FELL					Q-time: 03:01:11
PB (50m pool): 03:13.39 Antwerpen 13/07/2025 PB (25m pool): 03:01.11 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.62	01:34.37	02:30.50	03:13.39	
	00:45.62	00:48.75	00:56.13	00:42.89	
					

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:10, starttime: 13:00
Heat: 10/11 Lane : 6 Athlete: BOHIJN MILO					Q-time: 02:49:11
PB (50m pool): 03:00.43 Antwerpen 20/07/2025 PB (25m pool): 02:49.11 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.14	01:30.26	02:21.15	03:00.43	
	00:43.14	00:47.12	00:50.89	00:39.28	
					

Coach feedback:

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

Event number: 8: 200M MEDLEY MEN 11-14					Heat:10, starttime: 13:00
Heat: 10/11 Lane : 9 Athlete: MOENENS MATTEO					Q-time: 02:51:65
PB (50m pool): 02:57.10 Antwerpen 13/07/2025					PB (25m pool): 02:51.65 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.05	01:26.77	02:20.04	02:57.10	
	00:38.05	00:48.72	00:53.27	00:37.06	
					

Coach feedback: