

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

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

Coaches: Van Den Broeck Dennis

Coaches: Wouters Karen

Coaches: Kennes Kylian

Coaches: Martens Jelle

PB => Personal Best time

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

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 09:35	
Heat: 5/7 Lane : 3 Athlete: VERSPECHT KAAAT							Q-time: 05:22:69	
PB (50m pool): 06:24.51 Antwerp 28/01/2024				PB (25m pool): 05:22.69SB: 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	no time	no time	no time	no time	no time	no time	no time	06:24.51
	<i>no time</i>							
								

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16							Heat:4, starttime: 10:00	
Heat: 4/11 Lane : 5 Athlete: DE ROOS KASPER							Q-time: 01:26:90	
PB (50m pool): 01:26.90 Antwerpen 20/07/2025				PB (25m pool): 01:22.94 SB: no time				
	5 0 M	1 0 0 M						
PB	00:40.09	01:26.90						
	00:40.09	00:46.81						
								

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16							Heat:6, starttime: 10:05		
Heat: 6/11 Lane : 2 Athlete: VERSPECHT KOBE							Q-time: 01:20:23		
PB (50m pool): no time				PB (25m pool): 01:20.23				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: 3: 100M BUTTERFLY MEN 11-16			Heat:11, starttime: 10:15
Heat: 11/11 Lane : 0 Athlete: BAKX WARRE			Q-time: 01:05:57
PB (50m pool): 01:05.57 Aalst 20/12/2025			PB (25m pool): 01:03.90 SB: 01:05.57 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:29.63	01:05.57	
	00:29.63	00:35.94	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:8, starttime: 10:30
Heat: 8/18 Lane : 5 Athlete: SEGHERS MILLA			Q-time: 01:41:62
PB (50m pool): 02:03.02 Molenbeek 18/02/2024			PB (25m pool): 01:41.62 SB: no time
	5 0 M	1 0 0 M	
PB	no time	02:03.02	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:8, starttime: 10:30
Heat: 8/18 Lane : 7 Athlete: REYNIERS FIEN			Q-time: 01:42:44
PB (50m pool): 01:42.44 Antwerp 02/02/2025			PB (25m pool): 01:35.07 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.04	01:42.44	
	00:48.04	00:54.40	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:10, starttime: 10:35
Heat: 10/18 Lane : 1 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 01:38:95
PB (50m pool): 01:38.95 Aalst 20/12/2025			PB (25m pool): 01:34.18 SB: 01:38.95 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:46.57	01:38.95	
	00:46.57	00:52.38	
			

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Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:10, starttime: 10:35
Heat: 10/18 Lane : 3 Athlete: DE TOLLENAERE LAURA			Q-time: 01:38:07
PB (50m pool): 01:38.07 Antwerpen 13/07/2025			PB (25m pool): 01:35.48 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.15	01:38.07	
	00:46.15	00:51.92	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:8, starttime: 11:05
Heat: 8/19 Lane : 6 Athlete: LAUWENS FINN			Q-time: 01:14:00
PB (50m pool): 01:14.00 Antwerpen 20/07/2025			PB (25m pool): 01:13.13 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.14	01:14.00	
	00:35.14	00:38.86	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:14, starttime: 11:15
Heat: 14/19 Lane : 9 Athlete: VERSPECHT KOBE			Q-time: 01:05:61
PB (50m pool): 01:05.61 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:03.46 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.26	01:05.61	
	00:31.26	00:34.35	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:17, starttime: 11:20
Heat: 17/19 Lane : 0 Athlete: BAKX WARRE			Q-time: 01:00:49
PB (50m pool): 01:00.49 Antwerp 09/02/2025			PB (25m pool): 00:57.63 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.63	01:00.49	
	00:28.63	00:31.86	
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:7, starttime: 11:40
Heat: 7/21 Lane : 9 Athlete: DE TOLLENAERE LAURA			Q-time: 01:33:18
PB (50m pool): 01:33.18 Aalst 11/05/2025			PB (25m pool): 01:29.15 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.17	01:33.18	
	00:45.17	00:48.01	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:11, starttime: 11:50
Heat: 11/21 Lane : 4 Athlete: SEGHERS MILLA			Q-time: 01:25:16
PB (50m pool): 01:49.32 Molenbeek 18/02/2024			PB (25m pool): 01:25.16 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:49.32	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:12, starttime: 11:50
Heat: 12/21 Lane : 9 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 01:24:96
PB (50m pool): 01:24.96 Antwerpen 13/07/2025			PB (25m pool): 01:20.27 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.43	01:24.96	
	00:41.43	00:43.53	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:15, starttime: 12:00
Heat: 15/21 Lane : 9 Athlete: NUYTKENS MARIE			Q-time: 01:20:58
PB (50m pool): 01:20.58 Aalst 20/12/2025			PB (25m pool): 01:18.09 SB: 01:20.58 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:38.19	01:20.58	
	00:38.19	00:42.39	
			

Coach feedback:

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Event number: 8: 200M MEDLEY MEN 11-14					Heat:6, starttime: 12:45
Heat: 6/11 Lane : 3 Athlete: LAUWENS FINN					Q-time: 03:11:46
PB (50m pool): 03:11.46 Aalst 11/05/2025					PB (25m pool): 03:04.86 SB: 03:11.53 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.64	01:33.04	02:31.35	03:11.46	
	00:44.64	00:48.40	00:58.31	00:40.11	
					

Coach feedback:

Event number: 8: 200M MEDLEY MEN 11-14					Heat:9, starttime: 12:55
Heat: 9/11 Lane : 5 Athlete: DE ROOS KASPER					Q-time: 02:52:70
PB (50m pool): 02:52.70 Wezenberg 04/01/2026					PB (25m pool): 02:49.41 SB: 02:52.70 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.90	01:23.64	02:13.98	02:52.70	
	00:36.90	00:46.74	00:50.34	00:38.72	
					

Coach feedback: