

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

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

Coaches: Van Vlasselaer Eva

Coaches: Wauters Tine HEADCOACH

Coaches: Callebaut Joris

Coaches: Lelong Christel

PB => Personal Best time

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

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:16, starttime: 10:50
Heat: 16/18 Lane : 0 Athlete: THIJS MAAIKE			Q-time: 01:27:59
PB (50m pool): 01:36.29 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:27.59 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:36.29	
	no time		
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:18, starttime: 10:50
Heat: 18/18 Lane : 2 Athlete: UYTTERHOEVEN FLO			Q-time: 01:20:91
PB (50m pool): 01:20.91 Antwerp 09/02/2025 PB (25m pool): 01:17.31 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.95	01:20.91	
	00:37.95	00:42.96	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:18, starttime: 10:50
Heat: 18/18 Lane : 5 Athlete: VERELST LAURA			Q-time: 01:19:37
PB (50m pool): 01:19.37 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:15.60 SB: no time			
	5 0 M	1 0 0 M	
PB	00:37.74	01:19.37	
	00:37.74	00:41.63	
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:18, starttime: 12:05
Heat: 18/21 Lane : 9 Athlete: DECALUWé HELENA			Q-time: 01:17:15
PB (50m pool): 01:17.15 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:13.69 SB: no time			
	5 0 M	1 0 0 M	
PB	00:38.16	01:17.15	
	00:38.16	00:38.99	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:20, starttime: 12:10
Heat: 20/21 Lane : 0 Athlete: BOHMER JANNE			Q-time: 01:13:74
PB (50m pool): 01:13.74 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:10.75 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.41	01:13.74	
	00:35.41	00:38.33	
			

Coach feedback: