

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

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

Coaches: Van Schoor Els HEADCOACH

Coaches: Delissen Kim

PB => Personal Best time

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

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:3, starttime: 10:00
Heat: 3/11 Lane : 2 Athlete: BETTENS STAN			Q-time: 01:33:80
PB (50m pool): 01:33.80 Antwerpen 13/07/2025			PB (25m pool): 01:29.46 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.32	01:33.80	
	00:42.32	00:51.48	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11-16			Heat:6, starttime: 10:05
Heat: 6/11 Lane : 4 Athlete: BETTENS LUCAS			Q-time: 01:19:86
PB (50m pool): 01:19.86 Antwerpen 13/07/2025			PB (25m pool): 01:23.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.34	01:19.86	
	00:35.34	00:44.52	
			

Coach feedback:

Event number: 4: 100M BREASTSTROKE WOMEN 11-16			Heat:9, starttime: 10:35
Heat: 9/18 Lane : 0 Athlete: NAGHIU MATIS IZOLDA			Q-time: 01:40:96
PB (50m pool): 01:40.96 Antwerp 02/02/2025			PB (25m pool): 01:40.35 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.21	01:40.96	
	00:48.21	00:52.75	
			

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11-16			Heat:1, starttime: 10:55
Heat: 1/19 Lane : 0 Athlete: TSYBULNIAK KYRYL			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:13, starttime: 11:15
Heat: 13/19 Lane : 1 Athlete: COGURCU ARDA			Q-time: 01:06:53
PB (50m pool): 01:06.53 Antwerpen 13/07/2025 PB (25m pool): 01:02.76 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.94	01:06.53	
	00:31.94	00:34.59	
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11-16			Heat:17, starttime: 11:20
Heat: 17/19 Lane : 1 Athlete: NAEGELS REZA			Q-time: 01:00:29
PB (50m pool): 01:00.29 Antwerpen 27/07/2025 PB (25m pool): 00:59.41 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:00.29	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:5, starttime: 11:35
Heat: 5/21 Lane : 8 Athlete: VANDE SOMPELE HASSE			Q-time: 01:38:16
PB (50m pool): 01:38.16 Antwerp 02/02/2025 PB (25m pool): no time SB: no time			
	5 0 M	1 0 0 M	
PB	00:49.11	01:38.16	
	00:49.11	00:49.05	
			

Coach feedback:

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Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:7, starttime: 11:40
Heat: 7/21 Lane : 2 Athlete: VAN DEN BOSSCHE LIA			Q-time: 01:32:28
PB (50m pool): 01:32.28 Antwerpen 14/07/2024			PB (25m pool): 01:26.28 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:32.28	
	no time		
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:9, starttime: 11:45
Heat: 9/21 Lane : 4 Athlete: VANDE SOMPELE JITS			Q-time: 01:28:37
PB (50m pool): 01:28.37 Antwerp 02/02/2025			PB (25m pool): 01:20.56 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.07	01:28.37	
	00:43.07	00:45.30	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:10, starttime: 11:50
Heat: 10/21 Lane : 4 Athlete: NULENS LILI			Q-time: 01:27:19
PB (50m pool): 01:27.19 Antwerpen 13/07/2025			PB (25m pool): 01:17.49 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.28	01:27.19	
	00:44.28	00:42.91	
			

Coach feedback:

Event number: 6: 100M BACKSTROKE WOMEN 11-16			Heat:12, starttime: 11:50
Heat: 12/21 Lane : 4 Athlete: CORNEZ MAYLIE			Q-time: 01:23:83
PB (50m pool): 01:23.83 Antwerp 02/02/2025			PB (25m pool): 01:21.10 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.33	01:23.83	
	00:40.33	00:43.50	
			

Coach feedback:

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Event number: 8: 200M MEDLEY MEN 11-14					Heat:2, starttime: 12:30
Heat: 2/11 Lane : 0 Athlete: VERDONCK STIJN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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:3, starttime: 12:30
Heat: 3/11 Lane : 0 Athlete: FONTANA ALESSANDRO MARIA NIC					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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 : 4 Athlete: BETTENS STAN					Q-time: 02:55:73
PB (50m pool): 02:55.73 Antwerpen 13/07/2025 PB (25m pool): 02:48.23 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.45	01:24.97	02:16.86	02:55.73	
	00:42.45	00:42.52	00:51.89	00:38.87	
					

Coach feedback: