

MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 13:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:1, starttime: 15:25
Heat: 1/13 Lane : 0 Athlete: LENAERTS JULIA			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: 11: 100M BUTTERFLY WOMEN 11-16			Heat:1, starttime: 15:25
Heat: 1/13 Lane : 2 Athlete: MÜLLER RENA			Q-time: 99:99:99
PB (50m pool): 01:26.70 Seraing 25/01/2026			PB (25m pool): 01:27.05 SB: 01:26.70 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:41.15	01:26.70	
	00:41.15	00:45.55	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:1, starttime: 15:25
Heat: 1/13 Lane : 5 Athlete: BEVERNAGE TRIX			Q-time: 99:99:99
PB (50m pool): 01:36.66 Seraing 25/01/2026			PB (25m pool): no time SB: 01:36.66 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:43.92	01:36.66	
	00:43.92	00:52.74	
			

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:1, starttime: 15:25
Heat: 1/13 Lane : 6 Athlete: DESAIR ANNA-LOUISE			Q-time: 99:99:99
PB (50m pool): 01:41.52 Seraing 25/01/2026			PB (25m pool): no time SB: 01:41.52 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:46.69	01:41.52	
	00:46.69	00:54.83	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:2, starttime: 15:25
Heat: 2/13 Lane : 8 Athlete: VANDER MEER AMBER			Q-time: 99:99:99
PB (50m pool): 01:33.64 Mol 25/06/2023			PB (25m pool): 01:29.13 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:33.64	
	no time		
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:5, starttime: 15:35
Heat: 5/13 Lane : 0 Athlete: KOREN ZARA			Q-time: 01:31:09
PB (50m pool): 01:29.64 Seraing 25/01/2026			PB (25m pool): 01:30.25 SB: 01:29.64 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:39.43	01:29.64	
	00:39.43	00:50.21	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:6, starttime: 15:35
Heat: 6/13 Lane : 4 Athlete: CLAESSENS ISA-BEAU			Q-time: 01:24:04
PB (50m pool): 01:21.71 Seraing 25/01/2026			PB (25m pool): 01:28.59 SB: 01:21.71 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:40.74	01:21.71	
	00:40.74	00:40.97	
			

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:8, starttime: 15:40
Heat: 8/13 Lane : 6 Athlete: COPERMAN SAM			Q-time: 01:20:43
PB (50m pool): 01:20.05 Seraing 25/01/2026			PB (25m pool): 01:15.41 SB: 01:20.05 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:37.33	01:20.05	
	00:37.33	00:42.72	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:10, starttime: 15:40
Heat: 10/13 Lane : 8 Athlete: CLAESSENS ELLA-LOUISE			Q-time: 01:17:87
PB (50m pool): 01:16.01 Seraing 25/01/2026			PB (25m pool): 01:12.86 SB: 01:16.01 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:34.73	01:16.01	
	00:34.73	00:41.28	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:10, starttime: 15:40
Heat: 10/13 Lane : 9 Athlete: BEUNCKENS TESS			Q-time: 01:18:34
PB (50m pool): 01:18.34 Antwerp 02/02/2025			PB (25m pool): 01:17.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.26	01:18.34	
	00:35.26	00:43.08	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:11, starttime: 15:45
Heat: 11/13 Lane : 1 Athlete: THEWISSEN MIRTHE			Q-time: 01:15:67
PB (50m pool): 01:18.08 Antwerpen 21/07/2024			PB (25m pool): 01:15.67 SB: 01:20.67 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:18.08	
	no time		
			

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:11, starttime: 15:45
Heat: 11/13 Lane : 7 Athlete: VERLEYSSEN NOA			Q-time: 01:15:58
PB (50m pool): 01:14.89 Antwerpen 21/07/2024			PB (25m pool): 01:12.59 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:14.89	
	no time		
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:12, starttime: 15:45
Heat: 12/13 Lane : 3 Athlete: SARGESJAN NALA			Q-time: 01:11:72
PB (50m pool): 01:18.70 Antwerpen 21/07/2024			PB (25m pool): 01:11.72 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:18.70	
	no time		
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:12, starttime: 15:45
Heat: 12/13 Lane : 7 Athlete: LUTS EMILIA			Q-time: 01:12:47
PB (50m pool): 01:12.47 SportinGenk Park 21/04/2025			PB (25m pool): 01:10.59 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.63	01:12.47	
	00:33.63	00:38.84	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:10, starttime: 16:10
Heat: 10/17 Lane : 1 Athlete: HOUSEN ILYA			Q-time: 01:36:44
PB (50m pool): 01:36.44 Mönchengladbach 23/03/2025			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:36.44	
	no time		
			

Coach feedback:

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Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:15, starttime: 16:20
Heat: 15/17 Lane : 5 Athlete: BERGMANS MATS			Q-time: 01:20:33
PB (50m pool): 01:28.42 SportinGenk Park 01/04/2024			PB (25m pool): 01:20.33 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:28.42	
	no time		
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:17, starttime: 16:25
Heat: 17/17 Lane : 8 Athlete: VANGROOTLOON JEF			Q-time: 01:15:90
PB (50m pool): 01:15.90 Mol 22/06/2025			PB (25m pool): 01:11.74 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.76	01:15.90	
	00:35.76	00:40.14	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:3, starttime: 16:30
Heat: 3/20 Lane : 5 Athlete: STRIGENCZ ELIEN			Q-time: 01:29:30
PB (50m pool): no time			PB (25m pool): 01:29.30 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:7, starttime: 16:40
Heat: 7/20 Lane : 1 Athlete: BEVERNAGE TRIX			Q-time: 01:19:66
PB (50m pool): 01:15.75 Seraing 25/01/2026			PB (25m pool): 01:17.97 SB: 01:15.75 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:37.43	01:15.75	
	00:37.43	00:38.32	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:8, starttime: 16:40
Heat: 8/20 Lane : 1 Athlete: VANDER MEER NOOR			Q-time: 01:17:37
PB (50m pool): 01:17.37 SportinGenk Park 11/11/2025			PB (25m pool): 01:14.87 SB: 01:17.37 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:17.37	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:9, starttime: 16:40
Heat: 9/20 Lane : 6 Athlete: VANDER MEER AMBER			Q-time: 01:14:63
PB (50m pool): 01:14.63 SportinGenk Park 11/11/2025			PB (25m pool): 01:13.12 SB: 01:14.63 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:14.63	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:12, starttime: 16:45
Heat: 12/20 Lane : 7 Athlete: THEWISSEN MIRTHE			Q-time: 01:11:32
PB (50m pool): 01:11.32 Antwerpen 20/04/2025			PB (25m pool): 01:07.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.38	01:11.32	
	00:34.38	00:36.94	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:13, starttime: 16:50
Heat: 13/20 Lane : 5 Athlete: KOREN ZARA			Q-time: 01:10:11
PB (50m pool): 01:10.11 Antwerp 02/02/2025			PB (25m pool): 01:10.27 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.88	01:10.11	
	00:32.88	00:37.23	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:15, starttime: 16:50
Heat: 15/20 Lane : 4 Athlete: VERLEYSEN NOA			Q-time: 01:07:71
PB (50m pool): 01:07.71 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:06.33 SB: 01:08.00 Seraing 25/01/2026			
	5 0 M	1 0 0 M	
PB	00:33.13	01:07.71	
	00:33.13	00:34.58	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:15, starttime: 16:50
Heat: 15/20 Lane : 5 Athlete: MÜLLER RENA			Q-time: 01:07:75
PB (50m pool): 01:07.75 Antwerp 02/02/2025 PB (25m pool): 01:07.98 SB: 01:07.85 Seraing 25/01/2026			
	5 0 M	1 0 0 M	
PB	00:33.02	01:07.75	
	00:33.02	00:34.73	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:16, starttime: 16:55
Heat: 16/20 Lane : 5 Athlete: LUTS EMILIA			Q-time: 01:05:90
PB (50m pool): 01:05.90 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:04.92 SB: no time			
	5 0 M	1 0 0 M	
PB	00:31.54	01:05.90	
	00:31.54	00:34.36	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:17, starttime: 16:55
Heat: 17/20 Lane : 7 Athlete: COPERMAN SAM			Q-time: 01:05:33
PB (50m pool): 01:05.33 Antwerpen 20/07/2025 PB (25m pool): 01:03.98 SB: 01:05.85 Seraing 25/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:05.33	
	no time		
			

Coach feedback:

MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:18, starttime: 16:55
Heat: 18/20 Lane : 5 Athlete: CLAESSENS ELLA-LOUISE			Q-time: 01:04:26
PB (50m pool): 01:04.26 Mönchengladbach 23/03/2025			PB (25m pool): 01:02.43 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:04.26	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:18, starttime: 16:55
Heat: 18/20 Lane : 7 Athlete: BEUNCKENS TESS			Q-time: 01:04:55
PB (50m pool): 01:04.55 Antwerp 02/02/2025			PB (25m pool): 01:01.81 SB: 01:05.67 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:30.71	01:04.55	
	00:30.71	00:33.84	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:19, starttime: 16:55
Heat: 19/20 Lane : 2 Athlete: SARGESJAN NALA			Q-time: 01:02:65
PB (50m pool): 01:02.65 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:00.68 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.98	01:02.65	
	00:29.98	00:32.67	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:3, starttime: 17:05
Heat: 3/18 Lane : 1 Athlete: HOUSEN ILYA			Q-time: 99:99:99
PB (50m pool): 01:18.01 Seraing 25/01/2026			PB (25m pool): no time SB: 01:18.01 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:38.57	01:18.01	
	00:38.57	00:39.44	
			

Coach feedback:

MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 14: 100M BACKSTROKE MEN 11-16				Heat:17, starttime: 17:40	
Heat: 17/18 Lane : 6 Athlete: BERGMANS MATS				Q-time: 01:08:72	
PB (50m pool): 01:08.72 Antwerp 02/02/2025				PB (25m pool): 01:07.58 SB: no time	
	5 0 M	1 0 0 M			
PB	00:33.48	01:08.72			
	00:33.48	00:35.24			
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16				Heat:18, starttime: 17:40	
Heat: 18/18 Lane : 9 Athlete: VANGROOTLOON JEF				Q-time: 01:07:66	
PB (50m pool): 01:05.12 Seraing 25/01/2026				PB (25m pool): 01:03.74 SB: 01:05.12 Seraing 25/01/2026	
	5 0 M	1 0 0 M			
PB	00:31.49	01:05.12			
	00:31.49	00:33.63			
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14				Heat:1, starttime: 17:40	
Heat: 1/12 Lane : 5 Athlete: STRIGENCZ ELIEN				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: 15: 200M MEDLEY WOMEN 11-14				Heat:2, starttime: 17:45	
Heat: 2/12 Lane : 9 Athlete: LENAERTS JULIA				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:

MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:5, starttime: 18:00
Heat: 5/12 Lane : 3 Athlete: DESAIR ANNA-LOUISE					Q-time: 03:22:82
PB (50m pool): 03:17.41 Seraing 25/01/2026					PB (25m pool): 04:00.97 SB: 03:17.41 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.09	01:34.88	02:32.41	03:17.41	
	00:45.09	00:49.79	00:57.53	00:45.00	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:7, starttime: 18:05
Heat: 7/12 Lane : 3 Athlete: VANDER MEER NOOR					Q-time: 03:12:61
PB (50m pool): 03:12.61 SportinGenk Park 11/11/2025					PB (25m pool): 03:10.94 SB: 03:12.61 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:12.61	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:10, starttime: 18:15
Heat: 10/12 Lane : 0 Athlete: CLAESSENS ISA-BEAU					Q-time: 02:59:08
PB (50m pool): 02:58.39 Seraing 25/01/2026					PB (25m pool): 03:04.97 SB: 02:58.39 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.46	01:26.28	02:19.05	02:58.39	
	00:38.46	00:47.82	00:52.77	00:39.34	
					

Coach feedback: