

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

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

Coaches: Lievens Stijn

Coaches: Geelen Sofie HEADCOACH

PB => Personal Best time

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

Event number: 10: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 15:00	
Heat: 2/5 Lane : 4 Athlete: LENDERS PABLO							Q-time: 06:04:11	
PB (50m pool): no time			PB (25m pool): 06:04.11 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	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 10: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:15	
Heat: 4/5 Lane : 8 Athlete: DEVUE NICOLAS							Q-time: 05:20:57	
PB (50m pool): 05:20.57 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 05:05.53SB: 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	00:34.22	01:14.45	01:55.73	02:37.71	03:20.17	04:03.00	04:42.52	05:20.57
	00:34.22	00:40.23	00:41.28	00:41.98	00:42.46	00:42.83	00:39.52	00:38.05
								

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16							Heat:2, starttime: 15:25	
Heat: 2/13 Lane : 9 Athlete: FEYAERTS SAVANNAH							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						
	<i>no time</i>							
								

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:3, starttime: 15:30
Heat: 3/13 Lane : 6 Athlete: LEMBRECHTS SIEN			Q-time: 01:39:37
PB (50m pool): 01:39.37 Antwerpen 13/07/2025			PB (25m pool): 01:35.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.79	01:39.37	
	00:43.79	00:55.58	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:3, starttime: 15:30
Heat: 3/13 Lane : 7 Athlete: MEURRENS LINA			Q-time: 01:43:03
PB (50m pool): 01:43.03 SportinGenk Park 11/11/2025			PB (25m pool): 01:40.53 SB: 01:43.03 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:43.03	
	no time		
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:5, starttime: 15:35
Heat: 5/13 Lane : 4 Athlete: DEVUE ROSALIE			Q-time: 01:28:70
PB (50m pool): 01:28.70 Antwerpen 20/07/2025			PB (25m pool): 01:26.88 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.43	01:28.70	
	00:39.43	00:49.27	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:5, starttime: 15:35
Heat: 5/13 Lane : 6 Athlete: DE CAT DO			Q-time: 01:29:55
PB (50m pool): 01:29.55 SportinGenk Park 21/04/2025			PB (25m pool): 01:24.90 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.13	01:29.55	
	00:41.13	00:48.42	
			

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:6, starttime: 15:35
Heat: 6/13 Lane : 1 Athlete: GERARD CARYS			Q-time: 01:25:77
PB (50m pool): 01:25.77 Antwerpen 13/07/2025			PB (25m pool): 01:24.79 SB: 01:26.81 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:38.43	01:25.77	
	00:38.43	00:47.34	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:9, starttime: 15:40
Heat: 9/13 Lane : 0 Athlete: VANSINA ELLE			Q-time: 01:19:96
PB (50m pool): 01:19.96 Antwerpen 13/07/2025			PB (25m pool): 01:17.41 SB: 01:21.77 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:36.68	01:19.96	
	00:36.68	00:43.28	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:9, starttime: 15:40
Heat: 9/13 Lane : 1 Athlete: WOUTERS STIEN			Q-time: 01:19:66
PB (50m pool): no time			PB (25m pool): 01:19.66 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:7, starttime: 16:05
Heat: 7/17 Lane : 8 Athlete: VERHEYEN STEPHEN			Q-time: 01:46:00
PB (50m pool): 01:46.00 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 01:36.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.16	01:46.00	
	00:48.16	00:57.84	
			

Coach feedback:

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Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:8, starttime: 16:05
Heat: 8/17 Lane : 6 Athlete: LENDERS PABLO			Q-time: 01:41:13
PB (50m pool): no time PB (25m pool): 01:41.13 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:9, starttime: 16:10
Heat: 9/17 Lane : 4 Athlete: ASSCHERICKX SEBASTIAAN			Q-time: 01:37:53
PB (50m pool): 01:37.53 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:27.49 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.12	01:37.53	
	00:45.12	00:52.41	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:9, starttime: 16:10
Heat: 9/17 Lane : 7 Athlete: VETS WANNES			Q-time: 01:38:64
PB (50m pool): 01:36.77 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 01:25.52 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:36.77	
	no time		
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:11, starttime: 16:15
Heat: 11/17 Lane : 6 Athlete: VANHELMONT DANTE			Q-time: 01:32:35
PB (50m pool): 01:32.35 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:23.69 SB: no time			
	5 0 M	1 0 0 M	
PB	00:43.21	01:32.35	
	00:43.21	00:49.14	
			

Coach feedback:

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

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:15, starttime: 16:20
Heat: 15/17 Lane : 1 Athlete: VERBRUGGEN MATS			Q-time: 01:22:06
PB (50m pool): 01:22.06 Olympic Pool Wezenberg, Antwer 30/07/25			PB (25m pool): 01:19.64 SB: 01:24.73 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:38.76	01:22.06	
	00:38.76	00:43.30	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:15, starttime: 16:20
Heat: 15/17 Lane : 3 Athlete: VOET LARS			Q-time: 01:20:61
PB (50m pool): 01:20.61 SportinGenk Park 11/11/2025			PB (25m pool): 01:15.12 SB: 01:20.61 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:20.61	
	no time		
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:16, starttime: 16:25
Heat: 16/17 Lane : 0 Athlete: DE WITTE LEO			Q-time: 01:19:66
PB (50m pool): 01:19.66 Olympic Pool Wezenberg, Antwer 30/07/25			PB (25m pool): 01:14.31 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.42	01:19.66	
	00:37.42	00:42.24	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:11, starttime: 16:45
Heat: 11/20 Lane : 7 Athlete: DE CAT DO			Q-time: 01:12:77
PB (50m pool): 01:12.62 Antwerpen 14/07/2024			PB (25m pool): 01:10.60 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:12.62	
	no time		
			

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:14, starttime: 16:50
Heat: 14/20 Lane : 2 Athlete: VANSINA ELLE			Q-time: 01:09:44
PB (50m pool): 01:09.44 Antwerpen 13/07/2025			PB (25m pool): 01:08.00 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.58	01:09.44	
	00:33.58	00:35.86	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:14, starttime: 16:50
Heat: 14/20 Lane : 5 Athlete: GERARD CARYS			Q-time: 01:09:13
PB (50m pool): 01:09.13 SportinGenk Park 11/11/2025			PB (25m pool): 01:07.33 SB: 01:09.13 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:09.13	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:14, starttime: 16:50
Heat: 14/20 Lane : 6 Athlete: WOUTERS STIEN			Q-time: 01:09:30
PB (50m pool): 01:09.30 Antwerpen 27/07/2025			PB (25m pool): 01:07.38 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:09.30	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:7, starttime: 17:15
Heat: 7/18 Lane : 4 Athlete: VERBRUGGEN MATS			Q-time: 01:28:01
PB (50m pool): 01:28.01 SportinGenk Park 21/04/2025			PB (25m pool): 01:24.91 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.23	01:28.01	
	00:44.23	00:43.78	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:8, starttime: 17:20
Heat: 8/18 Lane : 5 Athlete: VERHEYEN STEPHEN			Q-time: 01:25:76
PB (50m pool): 01:25.76 Antwerpen 13/07/2025			PB (25m pool): 01:20.25 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.25	01:25.76	
	00:41.25	00:44.51	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:9, starttime: 17:20
Heat: 9/18 Lane : 6 Athlete: DEVUE NICOLAS			Q-time: 01:24:72
PB (50m pool): 01:24.72 Antwerpen 13/07/2025			PB (25m pool): 01:19.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.86	01:24.72	
	00:41.86	00:42.86	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:13, starttime: 17:30
Heat: 13/18 Lane : 0 Athlete: VANHELMONT DANTE			Q-time: 01:18:54
PB (50m pool): 01:18.54 Antwerpen 13/07/2025			PB (25m pool): 01:16.92 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.51	01:18.54	
	00:39.51	00:39.03	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:14, starttime: 17:30
Heat: 14/18 Lane : 2 Athlete: VOET LARS			Q-time: 01:15:47
PB (50m pool): 01:15.47 SportinGenk Park 21/04/2025			PB (25m pool): 01:14.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.63	01:15.47	
	00:36.63	00:38.84	
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11-16				Heat:15, starttime: 17:35	
Heat: 15/18 Lane : 8 Athlete: ASSCHERICKX SEBASTIAAN				Q-time: 01:14:18	
PB (50m pool): 01:14.18 SportinGenk Park 11/11/2025				PB (25m pool): 01:10.59 SB: 01:14.18 SportinGenk Park 11/11/2025	
	5 0 M	1 0 0 M			
PB	no time	01:14.18			
	no time				
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16				Heat:17, starttime: 17:40	
Heat: 17/18 Lane : 8 Athlete: VETS WANNES				Q-time: 01:10:02	
PB (50m pool): 01:10.02 Antwerpen 20/07/2025				PB (25m pool): 01:08.34 SB: no time	
	5 0 M	1 0 0 M			
PB	00:33.42	01:10.02			
	00:33.42	00:36.60			
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16				Heat:18, starttime: 17:40	
Heat: 18/18 Lane : 0 Athlete: DE WITTE LEO				Q-time: 01:06:46	
PB (50m pool): 01:06.46 Antwerpen 27/07/2025				PB (25m pool): 01:05.09 SB: no time	
	5 0 M	1 0 0 M			
PB	00:32.39	01:06.46			
	00:32.39	00:34.07			
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14				Heat:5, starttime: 18:00	
Heat: 5/12 Lane : 0 Athlete: FEYAERTS SAVANNAH				Q-time: 03:30:44	
PB (50m pool): 03:30.44 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 03:19.22 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.56	01:43.11	02:44.89	03:30.44	
	00:45.56	00:57.55	01:01.78	00:45.55	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:7, starttime: 18:05
Heat: 7/12 Lane : 2 Athlete: MEURRENS LINA					Q-time: 03:12:89
PB (50m pool): 03:12.89 Antwerpen 13/07/2025					PB (25m pool): 03:06.28 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.36	01:37.09	02:30.17	03:12.89	
	00:45.36	00:51.73	00:53.08	00:42.72	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:8, starttime: 18:10
Heat: 8/12 Lane : 0 Athlete: LEMBRECHTS SIEN					Q-time: 03:10:34
PB (50m pool): 03:10.34 Antwerpen 13/07/2025					PB (25m pool): 02:59.73 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.33	01:32.09	02:26.74	03:10.34	
	00:45.33	00:46.76	00:54.65	00:43.60	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:11, starttime: 18:20
Heat: 11/12 Lane : 2 Athlete: DEVUE ROSALIE					Q-time: 02:51:09
PB (50m pool): 02:51.09 SportinGenk Park 11/11/2025					PB (25m pool): 02:47.67 SB: 02:51.09 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	02:51.09	
	no time				
					

Coach feedback: