

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

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

Coaches: Destoop Jens

Coaches: Nellen Maik 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 : 0 Athlete: BHIJA NASSIM							Q-time: 06:24:96	
PB (50m pool): no time			PB (25m pool): 06:24.96SB: 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 : 1 Athlete: BEEL NOAH							Q-time: 05:20:08	
PB (50m pool): 05:20.08 Antwerpen 20/07/2025				PB (25m pool): 05:11.30SB: 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	00:36.54	01:18.04	01:59.75	02:40.50	03:21.99	04:03.26	04:43.58	05:20.08
	00:36.54	00:41.50	00:41.71	00:40.75	00:41.49	00:41.27	00:40.32	00:36.50
								

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16							Heat:10, starttime: 15:40	
Heat: 10/13 Lane : 0 Athlete: DERAEDT TILLE							Q-time: 01:17:87	
PB (50m pool): 01:17.63 Antwerp 04/02/2024				PB (25m pool): 01:12.82 SB: no time				
	5 0 M	1 0 0 M						
PB	no time	01:17.63						
	no time							
								

Coach feedback:

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

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:10, starttime: 15:40
Heat: 10/13 Lane : 4 Athlete: VAN HOUCKE IMKE			Q-time: 01:16:88
PB (50m pool): 01:25.98 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 01:16.88 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:25.98	
	no time		
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:16, starttime: 16:25
Heat: 16/17 Lane : 9 Athlete: LATTE BRENT			Q-time: 01:19:72
PB (50m pool): 01:19.72 Antwerpen 13/07/2025 PB (25m pool): 01:17.72 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.65	01:19.72	
	00:36.65	00:43.07	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:16, starttime: 16:55
Heat: 16/20 Lane : 0 Athlete: DERAEDT TILLE			Q-time: 01:07:14
PB (50m pool): 01:07.14 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:05.59 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.29	01:07.14	
	00:33.29	00:33.85	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:17, starttime: 16:55
Heat: 17/20 Lane : 9 Athlete: VAN HOUCKE IMKE			Q-time: 01:05:71
PB (50m pool): 01:05.15 Brugge 01/02/2026 PB (25m pool): 01:04.29 SB: 01:05.15 Brugge 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:05.15	
	no time		
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:1, starttime: 17:00
Heat: 1/18 Lane : 4 Athlete: BHIJA NASSIM			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: 14: 100M BACKSTROKE MEN 11-16			Heat:8, starttime: 17:20
Heat: 8/18 Lane : 0 Athlete: BEEL NOAH			Q-time: 01:27:67
PB (50m pool): 01:27.67 Antwerpen 13/07/2025			PB (25m pool): 01:19.93 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.55	01:27.67	
	00:42.55	00:45.12	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:9, starttime: 17:20
Heat: 9/18 Lane : 1 Athlete: NELLEN THIBO			Q-time: 01:24:97
PB (50m pool): 01:24.97 Antwerp 02/02/2025			PB (25m pool): 01:18.63 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.12	01:24.97	
	00:41.12	00:43.85	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:15, starttime: 17:35
Heat: 15/18 Lane : 2 Athlete: LATTE BRENT			Q-time: 01:13:13
PB (50m pool): 01:13.13 Antwerpen 13/07/2025			PB (25m pool): 01:10.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.38	01:13.13	
	00:35.38	00:37.75	
			

Coach feedback: