

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

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

Coaches: Van Mieghem Evelien HEADCOACH

Coaches: Lammens Tim

Coaches: Felies Jürgen

PB => Personal Best time

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

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:3, starttime: 15:30
Heat: 3/13 Lane : 3 Athlete: BOGAERT AMANI			Q-time: 01:38:55
PB (50m pool): 01:38.55 Antwerpen 13/07/2025			PB (25m pool): 01:43.80 SB: no time
PB	5 0 M	1 0 0 M	
	00:47.18	01:38.55	
	00:47.18	00:51.37	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:9, starttime: 15:40
Heat: 9/13 Lane : 3 Athlete: LAMMENS ALIX			Q-time: 01:18:70
PB (50m pool): 01:18.70 Antwerp 26/01/2025			PB (25m pool): 01:17.06 SB: no time
PB	5 0 M	1 0 0 M	
	00:36.74	01:18.70	
	00:36.74	00:41.96	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:1, starttime: 15:50
Heat: 1/17 Lane : 4 Athlete: GOOSSENS HENDRIK			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
PB	5 0 M	1 0 0 M	
	no time	no time	
	no time		
			

Coach feedback:

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Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:3, starttime: 15:55
Heat: 3/17 Lane : 5 Athlete: VAN DEN BORRE AARON			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: 12: 100M BREASTSTROKE MEN 11-16			Heat:6, starttime: 16:05
Heat: 6/17 Lane : 3 Athlete: YILDIZ AMMAR			Q-time: 01:48:18
PB (50m pool): 01:48.18 Aalst 11/05/2025			PB (25m pool): 01:38.51 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.00	01:48.18	
	00:50.00	00:58.18	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:6, starttime: 16:05
Heat: 6/17 Lane : 9 Athlete: ROGIERS LUCAS			Q-time: 01:53:31
PB (50m pool): 01:53.31 Aalst 11/05/2025			PB (25m pool): 01:37.55 SB: no time
	5 0 M	1 0 0 M	
PB	00:53.41	01:53.31	
	00:53.41	00:59.90	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:8, starttime: 16:05
Heat: 8/17 Lane : 9 Athlete: ROGIERS LOUIS			Q-time: 01:43:27
PB (50m pool): 01:43.27 Antwerpen 20/07/2025			PB (25m pool): 01:34.61 SB: no time
	5 0 M	1 0 0 M	
PB	00:49.25	01:43.27	
	00:49.25	00:54.02	
			

Coach feedback:

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Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:9, starttime: 16:10
Heat: 9/17 Lane : 1 Athlete: DE RYBEL ANTHONY			Q-time: 01:38:71
PB (50m pool): 01:38.71 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:26.81 SB: no time			
	5 0 M	1 0 0 M	
PB	00:47.08	01:38.71	
	00:47.08	00:51.63	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:10, starttime: 16:10
Heat: 10/17 Lane : 8 Athlete: VERHENNE TIM			Q-time: 01:36:60
PB (50m pool): 01:36.60 Antwerp 02/02/2025 PB (25m pool): 01:34.48 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.08	01:36.60	
	00:45.08	00:51.52	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:11, starttime: 16:15
Heat: 11/17 Lane : 1 Athlete: VAN ACHTER MAURO			Q-time: 01:33:47
PB (50m pool): 01:33.47 Antwerpen 13/07/2025 PB (25m pool): 01:22.61 SB: no time			
	5 0 M	1 0 0 M	
PB	00:43.36	01:33.47	
	00:43.36	00:50.11	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:12, starttime: 16:15
Heat: 12/17 Lane : 5 Athlete: VAN LAERE JUUL			Q-time: 01:29:58
PB (50m pool): 01:29.58 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:25.06 SB: no time			
	5 0 M	1 0 0 M	
PB	00:41.96	01:29.58	
	00:41.96	00:47.62	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:1, starttime: 16:25
Heat: 1/20 Lane : 4 Athlete: LAMMENS YELISA			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: 13: 100M FREESTYLE WOMEN 11-16			Heat:2, starttime: 16:30
Heat: 2/20 Lane : 0 Athlete: BOGAERT TIRZA			Q-time: 01:42:40
PB (50m pool): 01:42.40 Aalst 11/05/2025			PB (25m pool): 01:37.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.29	01:42.40	
	00:47.29	00:55.11	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:2, starttime: 16:30
Heat: 2/20 Lane : 1 Athlete: ROGIERS LOTTE			Q-time: 01:35:64
PB (50m pool): 01:35.64 WACHTEBEKE 19/01/2025			PB (25m pool): 01:23.83 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:35.64	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:2, starttime: 16:30
Heat: 2/20 Lane : 7 Athlete: DE NIL KAAT			Q-time: 01:33:69
PB (50m pool): 01:33.69 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:29.25 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.04	01:33.69	
	00:43.04	00:50.65	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:2, starttime: 16:30
Heat: 2/20 Lane : 9 Athlete: NEETESONNE LOTTE			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: 13: 100M FREESTYLE WOMEN 11-16			Heat:3, starttime: 16:30
Heat: 3/20 Lane : 8 Athlete: VAN SLYCKEN LOUISE			Q-time: 01:30:34
PB (50m pool): 01:30.34 Aalst 11/05/2025			PB (25m pool): 01:22.82 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.50	01:30.34	
	00:41.50	00:48.84	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:3, starttime: 16:30
Heat: 3/20 Lane : 9 Athlete: VAN ACHTER JUNE			Q-time: 01:30:86
PB (50m pool): 01:30.86 Aalst 11/05/2025			PB (25m pool): 01:27.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.63	01:30.86	
	00:43.63	00:47.23	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:4, starttime: 16:35
Heat: 4/20 Lane : 9 Athlete: PHILIPS NOé			Q-time: 01:28:80
PB (50m pool): 01:28.80 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:25.01 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.11	01:28.80	
	00:40.11	00:48.69	
			

Coach feedback:

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

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:9, starttime: 16:40
Heat: 9/20 Lane : 0 Athlete: BOGAERT AMANI			Q-time: 01:15:77
PB (50m pool): 01:15.77 Aalst 11/05/2025			PB (25m pool): 01:11.16 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.20	01:15.77	
	00:37.20	00:38.57	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:15, starttime: 16:50
Heat: 15/20 Lane : 1 Athlete: LAMMENS ALIX			Q-time: 01:08:60
PB (50m pool): 01:08.60 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:05.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.98	01:08.60	
	00:32.98	00:35.62	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:15, starttime: 16:50
Heat: 15/20 Lane : 6 Athlete: JACOBS EVA			Q-time: 01:08:11
PB (50m pool): 01:08.11 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:05.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.70	01:08.11	
	00:32.70	00:35.41	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:2, starttime: 17:05
Heat: 2/18 Lane : 7 Athlete: GOOSSENS HENDRIK			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:

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Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:3, starttime: 17:05
Heat: 3/18 Lane : 3 Athlete: VAN DEN BORRE AARON			Q-time: 99:99:99
PB (50m pool): 01:41.24 LOCHRISTI 25/01/2026			PB (25m pool): no time SB: 01:41.24 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:41.24	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:4, starttime: 17:10
Heat: 4/18 Lane : 3 Athlete: YILDIZ AMMAR			Q-time: 01:46:23
PB (50m pool): 01:41.37 LOCHRISTI 25/01/2026			PB (25m pool): no time SB: 01:41.37 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:41.37	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:8, starttime: 17:20
Heat: 8/18 Lane : 2 Athlete: ROGIERS LUCAS			Q-time: 01:26:61
PB (50m pool): 01:21.59 LOCHRISTI 25/01/2026			PB (25m pool): 01:19.22 SB: 01:21.59 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:21.59	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:10, starttime: 17:25
Heat: 10/18 Lane : 2 Athlete: DE RYBEL ANTHONY			Q-time: 01:23:44
PB (50m pool): 01:22.03 LOCHRISTI 25/01/2026			PB (25m pool): 01:17.97 SB: 01:22.03 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:22.03	
	no time		
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:11, starttime: 17:25
Heat: 11/18 Lane : 1 Athlete: ROGIERS LOUIS			Q-time: 01:21:92
PB (50m pool): 01:21.92 Antwerpen 20/07/2025			PB (25m pool): 01:15.73 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.25	01:21.92	
	00:40.25	00:41.67	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:11, starttime: 17:25
Heat: 11/18 Lane : 5 Athlete: VAN ACHTER MAURO			Q-time: 01:20:73
PB (50m pool): 01:20.73 Antwerp 02/02/2025			PB (25m pool): 01:14.82 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.62	01:20.73	
	00:39.62	00:41.11	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:11, starttime: 17:25
Heat: 11/18 Lane : 6 Athlete: VERHENNE TIM			Q-time: 01:21:05
PB (50m pool): 01:21.05 Antwerp 02/02/2025			PB (25m pool): 01:14.86 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.93	01:21.05	
	00:39.93	00:41.12	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:14, starttime: 17:30
Heat: 14/18 Lane : 4 Athlete: VAN LAERE JUUL			Q-time: 01:15:06
PB (50m pool): 01:15.06 Antwerp 02/02/2025			PB (25m pool): 00:39.26 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.24	01:15.06	
	00:36.24	00:38.82	
			

Coach feedback:

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

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:1, starttime: 17:40
Heat: 1/12 Lane : 3 Athlete: VAN SLYCKEN LOUISE					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:1, starttime: 17:40
Heat: 1/12 Lane : 7 Athlete: BOGAERT TIRZA					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 : 3 Athlete: VAN ACHTER JUNE					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 : 5 Athlete: LAMMENS YELISA					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: LZV

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:3, starttime: 17:50
Heat: 3/12 Lane : 1 Athlete: PHILIPS NOé					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:3, starttime: 17:50
Heat: 3/12 Lane : 4 Athlete: DE NIL KAAT					Q-time: 03:57:36
PB (50m pool): no time PB (25m pool): 03:48.61 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:3, starttime: 17:50
Heat: 3/12 Lane : 9 Athlete: NEETESONNE LOTTE					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:5, starttime: 18:00
Heat: 5/12 Lane : 8 Athlete: ROGIERS LOTTE					Q-time: 03:30:19
PB (50m pool): no time PB (25m pool): 03:22.65 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: