

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

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

Coaches: Van Den Broeck Dennis

Coaches: Wouters Karen

Coaches: Kennes Kylian

Coaches: Martens Jelle

PB => Personal Best time

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

Event number: 10: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:15	
Heat: 4/5 Lane : 9 Athlete: DE ROOS KASPER							Q-time: 05:23:18	
PB (50m pool): 05:23.18 Antwerpen 20/07/2025			PB (25m pool): 05:20.12SB: 05:25.70 Aalst 20/12/2025					
	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	00:36.57	01:17.83	01:59.21	02:41.11	03:21.73	04:03.40	04:43.72	05:23.18
	00:36.57	00:41.26	00:41.38	00:41.90	00:40.62	00:41.67	00:40.32	00:39.46
								

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16							Heat:4, starttime: 15:30	
Heat: 4/13 Lane : 9 Athlete: REYNIERS FIEN						Q-time: 01:37:14		
PB (50m pool): 01:37.14 Antwerpen 13/07/2025				PB (25m pool): 01:28.76 SB: no time				
	5 0 M	1 0 0 M						
PB	00:45.11	01:37.14						
	00:45.11	00:52.03						
								

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16							Heat:6, starttime: 15:35	
Heat: 6/13 Lane : 9 Athlete: VERSPECHT KAAAT							Q-time: 01:28:03	
PB (50m pool): no time			PB (25m pool): 01:28.03SB: 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:7, starttime: 15:35
Heat: 7/13 Lane : 1 Athlete: NUYTKENS MARIE			Q-time: 01:22:80
PB (50m pool): 01:22.80 Antwerpen 20/07/2025			PB (25m pool): 01:19.49 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.59	01:22.80	
	00:37.59	00:45.21	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:8, starttime: 15:40
Heat: 8/13 Lane : 5 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 01:20:34
PB (50m pool): 01:20.34 Antwerpen 13/07/2025			PB (25m pool): 01:17.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.23	01:20.34	
	00:38.23	00:42.11	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:6, starttime: 16:05
Heat: 6/17 Lane : 1 Athlete: LAUWENS FINN			Q-time: 01:50:88
PB (50m pool): 01:50.88 Antwerpen 13/07/2025			PB (25m pool): 01:48.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:53.21	01:50.88	
	00:53.21	00:57.67	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:17, starttime: 16:25
Heat: 17/17 Lane : 2 Athlete: BAKX WARRE			Q-time: 01:15:31
PB (50m pool): 01:14.78 Antwerpen 21/07/2024			PB (25m pool): 01:12.04 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:14.78	
	no time		
			

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:9, starttime: 16:40
Heat: 9/20 Lane : 4 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 01:14:22
PB (50m pool): 01:14.22 Aalst 11/05/2025			PB (25m pool): 01:10.97 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.78	01:14.22	
	00:35.78	00:38.44	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:9, starttime: 16:40
Heat: 9/20 Lane : 8 Athlete: REYNIERS FIEN			Q-time: 01:15:76
PB (50m pool): 01:15.76 Antwerpen 13/07/2025			PB (25m pool): 01:12.68 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.87	01:15.76	
	00:35.87	00:39.89	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:10, starttime: 16:45
Heat: 10/20 Lane : 9 Athlete: VERSPECHT KAAT			Q-time: 01:14:18
PB (50m pool): 01:14.18 Aalst 11/05/2025			PB (25m pool): 01:10.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.87	01:14.18	
	00:35.87	00:38.31	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:11, starttime: 16:45
Heat: 11/20 Lane : 8 Athlete: SEGHERS MILLA			Q-time: 01:12:91
PB (50m pool): no time			PB (25m pool): 01:12.91 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: 13: 100M FREESTYLE WOMEN 11-16				Heat:13, starttime: 16:50	
Heat: 13/20 Lane : 8 Athlete: NUYTKENS MARIE				Q-time: 01:10:70	
PB (50m pool): 01:10.70 Antwerpen 20/07/2025				PB (25m pool): 01:07.67 SB: no time	
	5 0 M	1 0 0 M			
PB	00:34.46	01:10.70			
	00:34.46	00:36.24			
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16				Heat:7, starttime: 17:15	
Heat: 7/18 Lane : 9 Athlete: LAUWENS FINN				Q-time: 01:30:11	
PB (50m pool): 01:30.11 Antwerpen 13/07/2025				PB (25m pool): 01:25.56 SB: no time	
	5 0 M	1 0 0 M			
PB	00:43.90	01:30.11			
	00:43.90	00:46.21			
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16				Heat:9, starttime: 17:20	
Heat: 9/18 Lane : 8 Athlete: DE ROOS KASPER				Q-time: 01:25:15	
PB (50m pool): 01:25.15 Antwerpen 20/07/2025				PB (25m pool): 01:20.59 SB: no time	
	5 0 M	1 0 0 M			
PB	00:40.90	01:25.15			
	00:40.90	00:44.25			
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14				Heat:8, starttime: 18:10	
Heat: 8/12 Lane : 3 Athlete: SEGHERS MILLA				Q-time: 03:07:98	
PB (50m pool): no time				PB (25m pool): 03:07.98 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: