

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

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

Coaches: Van Schoor Els HEADCOACH

Coaches: Delissen Kim

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 : 7 Athlete: VAN DEN BOSSCHE LIA			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:3, starttime: 15:30
Heat: 3/13 Lane : 9 Athlete: NAGHIU MATIS IZOLDA			Q-time: 01:46:25
PB (50m pool): 01:46.25 Antwerpen 14/07/2024			PB (25m pool): 01:38.10 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:46.25	
	no time		
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:8, starttime: 15:40
Heat: 8/13 Lane : 3 Athlete: DE SCHEPPER LARA			Q-time: 01:20:36
PB (50m pool): 01:20.36 Antwerpen 13/07/2025			PB (25m pool): 01:17.51 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.70	01:20.36	
	00:37.70	00:42.66	
			

Coach feedback:

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Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:2, starttime: 15:50
Heat: 2/17 Lane : 5 Athlete: VERDONCK STIJN			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		
	no time		

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:3, starttime: 15:55
Heat: 3/17 Lane : 0 Athlete: FONTANA ALESSANDRO MARIA NIC			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		
	no time		

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:3, starttime: 15:55
Heat: 3/17 Lane : 7 Athlete: TSYBULNIAK KYRYL			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		
	no time		

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:13, starttime: 16:15
Heat: 13/17 Lane : 0 Athlete: NAEGELS REZA			Q-time: 01:29:23
PB (50m pool): 01:29.23 Antwerpen 14/07/2024			PB (25m pool): 01:21.44 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:29.23	
	no time		
	no time		

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:4, starttime: 16:35
Heat: 4/20 Lane : 5 Athlete: VANDE SOMPELE HASSE			Q-time: 01:23:99
PB (50m pool): 01:23.99 Mol 22/06/2025			PB (25m pool): 01:21.96 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.12	01:23.99	
	00:40.12	00:43.87	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:10, starttime: 16:45
Heat: 10/20 Lane : 0 Athlete: CORNEZ MAYLIE			Q-time: 01:14:12
PB (50m pool): 01:12.17 Antwerpen 14/07/2024			PB (25m pool): 01:10.83 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:12.17	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:11, starttime: 16:45
Heat: 11/20 Lane : 9 Athlete: NULENS LILI			Q-time: 01:13:01
PB (50m pool): 01:13.01 Antwerpen 13/07/2025			PB (25m pool): 01:09.42 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.34	01:13.01	
	00:35.34	00:37.67	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:13, starttime: 16:50
Heat: 13/20 Lane : 4 Athlete: VANDE SOMPELE JITS			Q-time: 01:09:96
PB (50m pool): 01:09.96 Antwerpen 13/07/2025			PB (25m pool): 01:08.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.64	01:09.96	
	00:33.64	00:36.32	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:2, starttime: 17:05
Heat: 2/18 Lane : 1 Athlete: TSYBULNIAK KYRYL			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:12, starttime: 17:25
Heat: 12/18 Lane : 1 Athlete: BETTENS STAN			Q-time: 01:19:96
PB (50m pool): 01:19.96 Antwerpen 13/07/2025 PB (25m pool): 01:16.64 SB: no time			
	5 0 M	1 0 0 M	
PB	00:39.34	01:19.96	
	00:39.34	00:40.62	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:13, starttime: 17:30
Heat: 13/18 Lane : 9 Athlete: COGURCU ARDA			Q-time: 01:18:88
PB (50m pool): 01:18.88 Antwerpen 13/07/2025 PB (25m pool): 01:10.62 SB: no time			
	5 0 M	1 0 0 M	
PB	00:38.53	01:18.88	
	00:38.53	00:40.35	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:15, starttime: 17:35
Heat: 15/18 Lane : 1 Athlete: BETTENS LUCAS			Q-time: 01:14:14
PB (50m pool): 01:14.14 Antwerpen 27/07/2025 PB (25m pool): 01:10.85 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:14.14	
	no time		
			

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:5, starttime: 18:00
Heat: 5/12 Lane : 5 Athlete: NAGHIU MATIS IZOLDA					Q-time: 03:22:31
PB (50m pool): 03:22.11 Antwerpen 14/07/2024					PB (25m pool): 03:15.94 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	03:22.11	
	no time				
					

Coach feedback: