

MEGA swim 26: Session: 3: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 09:30
Heat: 1/11 Lane : 5 Athlete: VAN ROY ONAH					Q-time: 99:99:99
PB (50m pool): 02:43.42 Molenbeek 18/02/2024					PB (25m pool): 02:25.81 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	02:43.42	
	no time				
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:8, starttime: 10:10
Heat: 8/9 Lane : 5 Athlete: CORNELISSEN LARS					Q-time: 00:33:52
PB (50m pool): 00:32.95 Molenbeek 18/02/2024					PB (25m pool): 00:31.53 SB: no time
	5 0 M				
PB	00:32.95				
	00:32.95				
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:9, starttime: 10:10
Heat: 9/9 Lane : 7 Athlete: ROBBERECHTS ROBBE					Q-time: 00:31:44
PB (50m pool): 00:31.44 Antwerpen 27/04/2025					PB (25m pool): 00:30.72 SB: no time
	5 0 M				
PB	00:31.44				
	00:31.44				
					

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+										Heat:9, starttime: 10:30																													
Heat: 9/12																				Lane : 3					Athlete: CORNELISSEN LARS										Q-time: 00:29:43				
PB (50m pool): 00:29.43										Wezenberg 03/01/2026										PB (25m pool): 00:29.88										SB: 00:29.43					Wezenberg 03/01/2026				
		5 0 M																																					
PB		00:29.43																																					
		00:29.43																																					
																																							

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+				Heat:11, starttime: 10:30	
Heat: 11/12 Lane : 7 Athlete: DE MAESSCHALCK YARNE				Q-time: 00:28:36	
PB (50m pool): 00:28.36 Olympic Pool Wezenberg, Antwer 30/03/2025 PB (25m pool): 00:27.82 SB: no time					
	5 0 M				
PB	00:28.36				
	00:28.36				
					

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+					Heat:12, starttime: 10:35				
Heat: 12/12 Lane : 8 Athlete: ROBBERECHTS ROBBE					Q-time: 00:27:74				
PB (50m pool): 00:27.74 Antwerpen 27/07/2025					PB (25m pool): 00:27.31SB: no time				
	5 0 M								
PB	00:27.74								
	00:27.74								
									

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+							Heat:8, starttime: 10:40	
Heat: 8/11 Lane : 3 Athlete: VAN ROY YANA							Q-time: 00:30:30	
PB (50m pool): 00:30.10 Antwerpen 14/07/2024							PB (25m pool): 00:29.37 SB: no time	
	5 0 M							
PB	00:30.10							
	00:30.10							
								

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:9, starttime: 10:40
Heat: 9/11 Lane : 7 Athlete: VERSPECHT LIZANNE		Q-time: 00:29:91
PB (50m pool): 00:29.91 Wezenberg 05/01/2025		PB (25m pool): 00:28.13 SB: no time
	5 0 M	
PB	00:29.91	
	00:29.91	
		

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+		Heat:4, starttime: 11:15
Heat: 4/6 Lane : 0 Athlete: PEERSMAN NIEL		Q-time: 01:00:26
PB (50m pool): 01:00.26 Antwerpen 13/07/2025		PB (25m pool): 00:57.33 SB: 01:00.27 Wezenberg 03/01/2026
	5 0 M	1 0 0 M
PB	00:28.81	01:00.26
	00:28.81	00:31.45
		

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+		Heat:3, starttime: 12:25
Heat: 3/4 Lane : 0 Athlete: PEERSMAN NIEL		Q-time: 01:08:05
PB (50m pool): 01:08.05 Wezenberg 03/01/2026		PB (25m pool): 01:03.96 SB: 01:08.05 Wezenberg 03/01/2026
	5 0 M	1 0 0 M
PB	00:32.91	01:08.05
	00:32.91	00:35.14
		

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+		Heat:3, starttime: 12:25
Heat: 3/4 Lane : 2 Athlete: DE MAESSCHALCK YARNE		Q-time: 01:05:98
PB (50m pool): 01:05.98 Antwerpen 13/07/2025		PB (25m pool): 01:04.68 SB: no time
	5 0 M	1 0 0 M
PB	00:32.33	01:05.98
	00:32.33	00:33.65
		

Coach feedback:

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Event number: 29: 100M BUTTERFLY WOMEN 17+			Heat:2, starttime: 12:30
Heat: 2/2 Lane : 1 Athlete: VERSPECHT LIZANNE			Q-time: 01:21:66
PB (50m pool): 01:19.59 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:13.76 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:19.59	
	no time		
			

Coach feedback:

Event number: 29: 100M BUTTERFLY WOMEN 17+			Heat:2, starttime: 12:30
Heat: 2/2 Lane : 3 Athlete: VAN ROY YANA			Q-time: 01:12:82
PB (50m pool): 01:12.82 Antwerpen 13/07/2025 PB (25m pool): 01:12.07 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.36	01:12.82	
	00:34.36	00:38.46	
			

Coach feedback: