

MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: AZL

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

Coaches: Bijloos Annie

Coaches: De Smedt Leny HEADCOACH

Coaches: Schepers Jérôme

PB => Personal Best time

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

Event number: 16: 400M FREESTYLE MEN 15+							Heat:3, starttime: 09:10	
Heat: 3/5 Lane : 0 Athlete: MAES JORDY							Q-time: 05:00:61	
PB (50m pool): 05:05.13 Aalst 20/12/2025				PB (25m pool): 05:00.61 SB: 05:05.13 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	00:34.82	01:11.44	01:48.88	02:27.73	03:06.82	03:46.61	04:26.43	05:05.13
	00:34.82	00:36.62	00:37.44	00:38.85	00:39.09	00:39.79	00:39.82	00:38.70
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 09:45	
Heat: 6/11 Lane : 0 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 02:28:60	
PB (50m pool): 02:30.49 Aalst 20/12/2025				PB (25m pool): 02:28.60 SB: 02:30.49 Aalst 20/12/2025				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:34.86	01:13.41	01:53.68	02:30.49				
	00:34.86	00:38.55	00:40.27	00:36.81				
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 09:55
Heat: 9/11 Lane : 3 Athlete: VAN DEN BREMT SARAH					Q-time: 02:16:85
PB (50m pool): 02:18.97 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:16.85 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.42	01:07.87	01:43.89	02:18.97	
	00:32.42	00:35.45	00:36.02	00:35.08	
					

Coach feedback:

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Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:8, starttime: 10:10
Heat: 8/9 Lane : 0 Athlete: POPPE WARRE		Q-time: 00:34:81
PB (50m pool): no time		PB (25m pool): 00:34.81 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:8, starttime: 10:20
Heat: 8/8 Lane : 1 Athlete: VAN DEN BREMT SARAH		Q-time: 00:32:69
PB (50m pool): 00:33.34 Aalst 11/05/2025		PB (25m pool): 00:32.69 SB: no time
	5 0 M	
PB	00:33.34	
	00:33.34	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:3, starttime: 10:25
Heat: 3/12 Lane : 7 Athlete: BOEL ELIAS		Q-time: 00:38:28
PB (50m pool): 00:48.59 Antwerp 28/01/2024		PB (25m pool): 00:38.28 SB: no time
	5 0 M	
PB	00:48.59	
	00:48.59	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:7, starttime: 10:30
Heat: 7/12 Lane : 4 Athlete: VERHULST MEINDERT		Q-time: 00:30:85
PB (50m pool): 00:31.49 Antwerpen 13/07/2025		PB (25m pool): 00:30.85 SB: no time
	5 0 M	
PB	00:31.49	
	00:31.49	
		

Coach feedback:

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Event number: 22: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 10:50
Heat: 2/2 Lane : 3 Athlete: VAN DEN BREMT MATHIAS					Q-time: 02:32:31
PB (50m pool): 02:35.76 Aalst 11/05/2025					PB (25m pool): 02:29.95 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.24	01:12.63	01:53.81	02:35.76	
	00:33.24	00:39.39	00:41.18	00:41.95	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:8, starttime: 11:50
Heat: 8/8 Lane : 7 Athlete: VERHULST MEINDERT					Q-time: 02:37:49
PB (50m pool): 02:44.46 Antwerpen 13/07/2025					PB (25m pool): 02:37.49 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.10	01:19.10	02:02.46	02:44.46	
	00:37.10	00:42.00	00:43.36	00:42.00	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:8, starttime: 11:50
Heat: 8/8 Lane : 8 Athlete: POPPE WARRE					Q-time: 02:44:48
PB (50m pool): 02:58.16 Aalst 28/06/2025					PB (25m pool): 02:44.48 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.51	01:25.05	02:11.67	02:58.16	
	00:40.51	00:44.54	00:46.62	00:46.49	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 12:10
Heat: 5/7 Lane : 5 Athlete: VANDER MIJNSBRUGGE LORE					Q-time: 02:43:90
PB (50m pool): 02:46.10 Charleroi 11/01/2026					PB (25m pool): 02:43.90 SB: 02:46.10 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.00	01:21.42	02:04.91	02:46.10	
	00:38.00	00:43.42	00:43.49	00:41.19	
					

Coach feedback:

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Event number: 28: 100M BACKSTROKE MEN 17+			Heat:2, starttime: 12:25
Heat: 2/4 Lane : 8 Athlete: MAES JORDY			Q-time: 01:13:19
PB (50m pool): 01:14.56 Antwerp 09/02/2025			PB (25m pool): 01:13.19 SB: 01:16.06 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:36.26	01:14.56	
	00:36.26	00:38.30	
			

Coach feedback: