

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

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

Coaches: Claes Steven

Coaches: Mackens Vicky HEADCOACH

PB => Personal Best time

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

Event number: 16: 400M FREESTYLE MEN 15+							Heat:2, starttime: 09:05	
Heat: 2/5 Lane : 5 Athlete: CLAES ELIAN							Q-time: 05:08:00	
PB (50m pool): 05:25.45 Mol 22/06/2025			PB (25m pool): 05:08.00SB: 05:26.25 Charleroi 11/01/2026					
	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	00:36.11	01:16.62	01:57.45	02:38.80	03:21.11	04:02.62	04:43.98	05:25.45
	00:36.11	00:40.51	00:40.83	00:41.35	00:42.31	00:41.51	00:41.36	00:41.47
								

Coach feedback:

Event number: 16: 400M FREESTYLE MEN 15+							Heat:3, starttime: 09:10	
Heat: 3/5 Lane : 7 Athlete: TRONCKOE KOBE							Q-time: 04:56:11	
PB (50m pool): 05:01.66 Charleroi 11/01/2026			PB (25m pool): 04:56.11 SB: 05:01.66 Charleroi 11/01/2026					
	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	no time	no time	no time	no time	no time	no time	no time	05:01.66
	no time							
								

Coach feedback:

Event number: 16: 400M FREESTYLE MEN 15+							Heat:4, starttime: 09:15	
Heat: 4/5 Lane : 6 Athlete: PUTTAERT ARTHUR							Q-time: 04:36:24	
PB (50m pool): 04:51.78 Mol 22/06/2025			PB (25m pool): 04:36.24 SB: 04:54.29 Charleroi 11/01/2026					
	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	00:31.44	01:07.52	01:44.42	02:22.52	02:59.75	03:37.23	04:14.95	04:51.78
	00:31.44	00:36.08	00:36.90	00:38.10	00:37.23	00:37.48	00:37.72	00:36.83
								

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 09:30
Heat: 2/11 Lane : 6 Athlete: TRONCKOE BENTE					Q-time: 02:51:41
PB (50m pool): 03:02.14 Antwerpen 13/07/2025					PB (25m pool): 02:51.41 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.88	01:29.96	02:18.52	03:02.14	
	00:40.88	00:49.08	00:48.56	00:43.62	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 09:45
Heat: 6/11 Lane : 8 Athlete: WYFFELS LOUISE MARIE					Q-time: 02:28:32
PB (50m pool): 02:31.42 Aalst 20/12/2025					PB (25m pool): 02:28.32 SB: 02:31.42 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.42	01:13.48	01:53.11	02:31.42	
	00:34.42	00:39.06	00:39.63	00:38.31	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 09:55
Heat: 9/11 Lane : 0 Athlete: VAN DER MEEREN LOTTE					Q-time: 02:18:41
PB (50m pool): 02:25.63 Antwerp 28/01/2024					PB (25m pool): 02:18.41 SB: 02:29.12 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:25.63	
	no time				
					

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+					Heat:2, starttime: 10:10
Heat: 2/8 Lane : 8 Athlete: DE WILDE HANNE					Q-time: 00:44:05
PB (50m pool): no time					PB (25m pool): 00:44.05 SB: no time
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 10:15
Heat: 3/8 Lane : 4 Athlete: NSUBUGA SOFIA		Q-time: 00:39:29
PB (50m pool): 00:39.29 Seraing 26/01/2025		PB (25m pool): 00:37.28 SB: no time
	5 0 M	
PB	00:39.29	
	00:39.29	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:8, starttime: 10:20
Heat: 8/8 Lane : 0 Athlete: TRIOEN JOKE		Q-time: 00:33:28
PB (50m pool): 00:35.73 Seraing 25/01/2026		PB (25m pool): 00:33.28 SB: 00:35.73 Seraing 25/01/2026
	5 0 M	
PB	00:35.73	
	00:35.73	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 10:20
Heat: 1/12 Lane : 4 Athlete: VANDEPITTE KYAN		Q-time: 99:99:99
PB (50m pool): 00:42.58 Seraing 25/01/2026		PB (25m pool): 00:44.50 SB: 00:42.58 Seraing 25/01/2026
	5 0 M	
PB	00:42.58	
	00:42.58	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 10:25
Heat: 2/12 Lane : 7 Athlete: CLAES TIEBE		Q-time: 00:42:72
PB (50m pool): 00:44.26 Antwerp 02/02/2025		PB (25m pool): 00:42.72 SB: 00:46.06 Wezenberg 04/01/2026
	5 0 M	
PB	00:44.26	
	00:44.26	
		

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+							Heat:3, starttime: 10:25		
Heat: 3/12 Lane : 8 Athlete: DE MESMAEKER LOANN							Q-time: 00:38:49		
PB (50m pool): 00:39.67 Wezenberg 04/01/2026							PB (25m pool): 00:38.49SB: 00:39.67 Wezenberg 04/01/2026		
	5 0 M								
PB	00:39.67								
	00:39.67								
									

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+							Heat:6, starttime: 10:25		
Heat: 6/12 Lane : 0 Athlete: JACQUEMYS KOBÉ							Q-time: 00:32:57		
PB (50m pool): 00:33.30 Seraing 25/01/2026							PB (25m pool): 00:32.57 SB: 00:33.30 Seraing 25/01/2026		
	5 0 M								
PB	00:33.30								
	00:33.30								
									

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+										Heat:10, starttime: 10:30																			
Heat: 10/12 Lane : 2 Athlete: PILLET BRECHT																				Q-time: 00:28:97									
PB (50m pool): 00:28.97 Antwerpen 13/07/2025										PB (25m pool): 00:28.52 SB: 00:31.38 Seraing 25/01/2026																			
	5 0 M																												
PB	00:28.97																												
	00:28.97																												
																													

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+							Heat:12, starttime: 10:35		
Heat: 12/12 Lane : 6 Athlete: SEGHERS MICHIEL							Q-time: 00:27:21		
PB (50m pool): 00:27.05 Seraing 25/01/2026							PB (25m pool): 00:26.40SB: 00:27.05 Seraing 25/01/2026		
	5 0 M								
PB	00:27.05								
	00:27.05								
									

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+						Heat:6, starttime: 10:40	
Heat: 6/11 Lane : 1 Athlete: WYFFELS LOUISE MARIE						Q-time: 00:31:57	
PB (50m pool): no time						PB (25m pool): 00:31.57 SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+							Heat:7, starttime: 10:40	
Heat: 7/11 Lane : 5 Athlete: FRANCKX MARGAUX							Q-time: 00:30:59	
PB (50m pool): 00:30.59 Antwerpen 13/07/2025							PB (25m pool): 00:30.63SB: 00:31.63 Wezenberg 03/01/2026	
	5 0 M							
PB	00:30.59							
	00:30.59							
								

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+							Heat:8, starttime: 10:40	
Heat: 8/11 Lane : 0 Athlete: VAN DER MEEREN LOTTE							Q-time: 00:30:53	
PB (50m pool): 00:32.07 Mol 25/06/2023							PB (25m pool): 00:30.08 SB: no time	
	5 0 M							
PB	00:32.07							
	00:32.07							
								

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 13+				Heat:2, starttime: 10:50	
Heat: 2/2 Lane : 7 Athlete: TRONCKOE KOBE				Q-time: 02:47:59	
PB (50m pool): no time				PB (25m pool): 02:47.59 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:

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Event number: 22: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 10:50
Heat: 2/2 Lane : 8 Athlete: VERHASSELT LARS					Q-time: 03:08:60
PB (50m pool): no time PB (25m pool): 03:08.60 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: 23: 200M MEDLEY WOMEN 15+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 3 Athlete: NSUBUGA SOFIA					Q-time: 02:47:18
PB (50m pool): 02:55.45 Charleroi 11/01/2026 PB (25m pool): 02:47.18 SB: 02:55.45 Charleroi 11/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.97	01:28.13	02:16.63	02:55.45	
	00:41.97	00:46.16	00:48.50	00:38.82	
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+					Heat:5, starttime: 11:15
Heat: 5/6 Lane : 8 Athlete: PILLET BRECHT					Q-time: 00:58:05
PB (50m pool): 00:57.49 Antwerpen 12/02/2023 PB (25m pool): 00:55.76 SB: 01:01.23 Seraing 25/01/2026					
	5 0 M	1 0 0 M			
PB	no time	00:57.49			
	no time				
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+					Heat:6, starttime: 11:15
Heat: 6/6 Lane : 1 Athlete: SEGHERS MICHIEL					Q-time: 00:56:03
PB (50m pool): 00:56.03 Antwerpen 27/07/2025 PB (25m pool): 00:54.25 SB: 00:56.75 Seraing 25/01/2026					
	5 0 M	1 0 0 M			
PB	00:27.30	00:56.03			
	00:27.30	00:28.73			
					

Coach feedback:

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Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 11:35
Heat: 3/8 Lane : 5 Athlete: VANDEPITTE KYAN					Q-time: 03:35:88
PB (50m pool): 03:40.12 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:35.88 SB: 03:44.55 Charleroi 11/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.06	01:47.75	02:45.31	03:40.12	
	00:51.06	00:56.69	00:57.56	00:54.81	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 11:40
Heat: 4/8 Lane : 0 Athlete: CLAES TIEBE					Q-time: 03:34:74
PB (50m pool): 03:45.73 Charleroi 11/01/2026 PB (25m pool): 03:34.74 SB: 03:45.73 Charleroi 11/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.04	01:50.57	02:49.61	03:45.73	
	00:51.04	00:59.53	00:59.04	00:56.12	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 11:40
Heat: 4/8 Lane : 2 Athlete: JACQUEMYNS KOBE					Q-time: 03:20:72
PB (50m pool): 03:20.72 Aalst 20/12/2025 PB (25m pool): 03:23.52 SB: 03:20.72 Aalst 20/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.46	01:36.06	02:29.20	03:20.72	
	00:44.46	00:51.60	00:53.14	00:51.52	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 11:40
Heat: 4/8 Lane : 3 Athlete: VERHASSELT LARS					Q-time: 03:19:38
PB (50m pool): 03:19.38 Aalst 20/12/2025 PB (25m pool): 03:20.69 SB: 03:19.38 Aalst 20/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.79	01:37.05	02:28.54	03:19.38	
	00:45.79	00:51.26	00:51.49	00:50.84	
					

Coach feedback:

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Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:5, starttime: 11:40
Heat: 5/8 Lane : 0 Athlete: DE MESMAEKER LOANN					Q-time: 03:10:75
PB (50m pool): 03:23.53 Seraing 25/01/2026					PB (25m pool): 03:10.75 SB: 03:23.53 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.35	01:38.78	02:32.65	03:23.53	
	00:46.35	00:52.43	00:53.87	00:50.88	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:6, starttime: 11:45
Heat: 6/8 Lane : 3 Athlete: CLAES ELIAN					Q-time: 02:51:84
PB (50m pool): 02:53.46 Seraing 25/01/2026					PB (25m pool): 02:51.84 SB: 02:53.46 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.37	01:24.17	02:08.63	02:53.46	
	00:40.37	00:43.80	00:44.46	00:44.83	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:7, starttime: 11:50
Heat: 7/8 Lane : 4 Athlete: PUTTAERT ARTHUR					Q-time: 02:45:28
PB (50m pool): 02:54.97 Olympic Pool Wezenberg, Antwer 30/03/2025					PB (25m pool): 02:45.28 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.59	01:24.43	02:09.89	02:54.97	
	00:39.59	00:44.84	00:45.46	00:45.08	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 12:00
Heat: 2/7 Lane : 9 Athlete: DE WILDE HANNE					Q-time: 03:34:03
PB (50m pool): no time					PB (25m pool): 03:34.03 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:

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Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 12:05
Heat: 3/7 Lane : 9 Athlete: TRONCKOE BENTE					Q-time: 03:04:74
PB (50m pool): no time PB (25m pool): 03:04.74 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: 27: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 1 Athlete: FRANCKX MARGAUX					Q-time: 02:42:84
PB (50m pool): 02:48.44 Antwerpen 13/07/2025 PB (25m pool): 02:42.84 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.13	01:23.11	02:07.24	02:48.44	
	00:40.13	00:42.98	00:44.13	00:41.20	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 4 Athlete: TRIOEN JOKE					Q-time: 02:39:71
PB (50m pool): 02:37.82 Antwerpen 14/07/2024 PB (25m pool): 02:35.42 SB: 02:43.85 Aalst 20/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:37.82	
	no time				
					

Coach feedback: