

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

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45

The listed starttimes are indicative!

Coaches: Van Hecke Maxim

Coaches: Boel Joke HEADCOACH

PB => Personal Best time

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

Event number: 17: 200M FREESTYLE WOMEN 13+

Heat:3, starttime: 09:35

Heat: 3/11 Lane : 1 Athlete: VAN HAUWERMEIREN EMMA

Q-time: 02:46:31

PB (50m pool): 02:44.58 Antwerpen 14/07/2024

PB (25m pool): 02:39.91 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	02:44.58	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+

Heat:3, starttime: 09:35

Heat: 3/11 Lane : 2 Athlete: HOFMAN ROSE

Q-time: 02:42:27

PB (50m pool): 02:42.27 Antwerpen 13/07/2025

PB (25m pool): 02:36.06 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.67	01:19.10	02:01.89	02:42.27	
	00:37.67	00:41.43	00:42.79	00:40.38	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+

Heat:3, starttime: 09:35

Heat: 3/11 Lane : 4 Athlete: SMET ALINE

Q-time: 02:40:05

PB (50m pool): 02:40.05 Antwerpen 13/07/2025

PB (25m pool): 02:34.39 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.44	01:17.28	01:59.63	02:40.05	
	00:36.44	00:40.84	00:42.35	00:40.42	
					

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 09:35
Heat: 3/11 Lane : 8 Athlete: HOFMAN LILY					Q-time: 02:46:52
PB (50m pool): 02:46.52 Antwerpen 13/07/2025					PB (25m pool): 02:42.28 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.06	01:21.54	02:06.23	02:46.52	
	00:38.06	00:43.48	00:44.69	00:40.29	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 09:40
Heat: 5/11 Lane : 5 Athlete: VANDEN BERGHE YANA					Q-time: 02:29:30
PB (50m pool): no time					PB (25m pool): 02:29.30 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: 19: 50M BACKSTROKE WOMEN 13+					Heat:1, starttime: 10:10
Heat: 1/8 Lane : 7 Athlete: SMET ALINE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 00:37.62 SB: no time
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+					Heat:2, starttime: 10:10
Heat: 2/8 Lane : 4 Athlete: HOFMAN ROSE					Q-time: 00:41:79
PB (50m pool): 00:41.79 Aalst 11/05/2025					PB (25m pool): 00:39.19 SB: no time
	5 0 M				
PB	00:41.79				
	00:41.79				
					

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 10:15
Heat: 3/8 Lane : 3 Athlete: HOFMAN LILY		Q-time: 00:40:05
PB (50m pool): 00:44.28 Aalst 11/05/2025		PB (25m pool): 00:40.05 SB: no time
	5 0 M	
PB	00:44.28	
	00:44.28	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 10:15
Heat: 4/8 Lane : 9 Athlete: VAN HAUWERMEIREN EMMA		Q-time: 00:38:99
PB (50m pool): 00:41.37 Aalst 28/04/2024		PB (25m pool): 00:39.59 SB: no time
	5 0 M	
PB	00:41.37	
	00:41.37	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 10:15
Heat: 5/8 Lane : 8 Athlete: VANDEN BERGHE YANA		Q-time: 00:37:58
PB (50m pool): no time		PB (25m pool): 00:37.58 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:25
Heat: 5/12 Lane : 6 Athlete: HOFMAN OTIS		Q-time: 00:34:48
PB (50m pool): 00:37.71 Zwembad Brigitte Becue Oostend 10/05/2025		PB (25m pool): 00:34.48 SB: no time
	5 0 M	
PB	00:37.71	
	00:37.71	
		

Coach feedback:

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

Event number: 24: 100M FREESTYLE MEN 17+			Heat:4, starttime: 11:15
Heat: 4/6 Lane : 7 Athlete: VAN DEN ABBEELE TOON			Q-time: 00:59:44
PB (50m pool): 01:03.46 Aalst 11/05/2025			PB (25m pool): 00:59.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.43	01:03.46	
	00:30.43	00:33.03	
			

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+			Heat:1, starttime: 12:20
Heat: 1/4 Lane : 6 Athlete: VAN DEN ABBEELE TOON			Q-time: 01:19:03
PB (50m pool): 01:19.03 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:17.50 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.90	01:19.03	
	00:38.90	00:40.13	
			

Coach feedback: