

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

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

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 09:40
Heat: 5/11 Lane : 0 Athlete: THEWISSEN MIRTHE					Q-time: 02:32:59
PB (50m pool): 02:32.27 Seraing 25/01/2026					PB (25m pool): 02:25.50 SB: 02:32.27 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.56	01:14.18	01:53.53	02:32.27	
	00:35.56	00:38.62	00:39.35	00:38.74	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 09:40
Heat: 5/11 Lane : 9 Athlete: VERLEYSEN NOA					Q-time: 02:32:87
PB (50m pool): 02:32.84 SportinGenk Park 19/05/2024					PB (25m pool): 02:30.31 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	02:32.84	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 09:45
Heat: 6/11 Lane : 5 Athlete: MÜLLER RENA					Q-time: 02:26:59
PB (50m pool): 02:26.59 SportinGenk Park 01/03/2025					PB (25m pool): 02:22.03 SB: 02:28.97 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:10.41	no time	02:26.59	
	no time				
					

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 09:50
Heat: 8/11 Lane : 8 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 02:21:40
PB (50m pool): 02:20.76 Seraing 25/01/2026					PB (25m pool): 02:17.63 SB: 02:20.76 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.25	01:09.00	01:45.32	02:20.76	
	00:33.25	00:35.75	00:36.32	00:35.44	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 09:55
Heat: 9/11 Lane : 9 Athlete: SARGESJAN NALA					Q-time: 02:18:77
PB (50m pool): 02:18.77 Antwerpen 20/07/2025					PB (25m pool): 02:16.29 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.01	01:07.67	01:43.73	02:18.77	
	00:32.01	00:35.66	00:36.06	00:35.04	
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:05
Heat: 4/9 Lane : 7 Athlete: HOUSEN ILYA					Q-time: 00:41:24
PB (50m pool): no time					PB (25m pool): 00:41.24 SB: no time
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:7, starttime: 10:10
Heat: 7/9 Lane : 9 Athlete: TAYYEM ABDO-ALMALLEK					Q-time: 00:35:94
PB (50m pool): 00:35.94 Mönchengladbach 23/03/2025					PB (25m pool): 00:36.53 SB: no time
	5 0 M				
PB	00:35.94				
	00:35.94				
					

Coach feedback:

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Event number: 18: 50M BREASTSTROKE MEN 13+				Heat:9, starttime: 10:10	
Heat: 9/9 Lane : 9 Athlete: VANOPPEN MATHIAS				Q-time: 00:33:24	
PB (50m pool): 00:33.24 Antwerpen 27/07/2025				PB (25m pool): 00:32.94 SB: 00:33.39 Seraing 25/01/2026	
	5 0 M				
PB	00:33.24				
	00:33.24				
					

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+				Heat:5, starttime: 10:15	
Heat: 5/8 Lane : 3 Athlete: KOREN ZARA				Q-time: 00:36:22	
PB (50m pool): no time				PB (25m pool): 00:35.98 SB: no time	
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+				Heat:9, starttime: 10:30	
Heat: 9/12 Lane : 5 Athlete: HAUBEN THOMAS				Q-time: 00:29:41	
PB (50m pool): 00:29.41 Antwerpen 20/04/2025				PB (25m pool): 00:29.50 SB: 00:29.77 Seraing 25/01/2026	
	5 0 M				
PB	00:29.41				
	00:29.41				
					

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+				Heat:11, starttime: 10:30	
Heat: 11/12 Lane : 8 Athlete: VANGROOTLOON JEF				Q-time: 00:28:45	
PB (50m pool): 00:28.45 Wezenberg 05/01/2025				PB (25m pool): 00:28.40 SB: no time	
	5 0 M				
PB	00:28.45				
	00:28.45				
					

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:6, starttime: 10:40	
Heat: 6/11 Lane : 7 Athlete: THEWISSEN MIRTHE				Q-time: 00:31:40	
PB (50m pool): 00:35.53 Mol 25/06/2023				PB (25m pool): 00:31.40 SB: no time	
	5 0 M				
PB	00:35.53				
	00:35.53				
					

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:10, starttime: 10:45	
Heat: 10/11 Lane : 5 Athlete: EVENS NOOR				Q-time: 00:28:47	
PB (50m pool): 00:28.70 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): no time SB: no time	
	5 0 M				
PB	00:28.70				
	00:28.70				
					

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:10, starttime: 10:45	
Heat: 10/11 Lane : 6 Athlete: SARGESJAN NALA				Q-time: 00:28:74	
PB (50m pool): 00:28.76 Zwembad Brigitte Becue 30/05/2025				PB (25m pool): 00:28.02 SB: no time	
	5 0 M				
PB	00:28.76				
	00:28.76				
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 13+				Heat:2, starttime: 10:50	
Heat: 2/2 Lane : 2 Athlete: HOUSEN ILYA				Q-time: 02:43:15	
PB (50m pool): no time				PB (25m pool): 02:43.15 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: 23: 200M MEDLEY WOMEN 15+					Heat:2, starttime: 10:55
Heat: 2/5 Lane : 5 Athlete: COPERMAN SAM					Q-time: 02:55:65
PB (50m pool): 02:59.93 ANTWERPEN 23/07/2023					PB (25m pool): 02:44.31 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	02:59.93	
	no time				
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 5 Athlete: MÜLLER RENA					Q-time: 02:46:99
PB (50m pool): 02:46.99 SportinGenk Park 08/03/2025					PB (25m pool): 02:45.72 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	02:46.99	
	no time				
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 6 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 02:47:81
PB (50m pool): 02:46.82 Antwerpen 21/07/2024					PB (25m pool): 02:41.34 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	02:46.82	
	no time				
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:4, starttime: 11:05
Heat: 4/5 Lane : 1 Athlete: BEUNCKENS TESS					Q-time: 02:43:03
PB (50m pool): 02:43.03 SportinGenk Park 08/03/2025					PB (25m pool): 02:39.96 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	02:43.03	
	no time				
					

Coach feedback:

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Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:5, starttime: 11:40
Heat: 5/8 Lane : 2 Athlete: TAYYEM ABDO-ALMALLEK					Q-time: 03:06:32
PB (50m pool): 03:06.32 Wezenberg Topsportbad, Antwerp 18/07/2025 PB (25m pool): 02:57.25 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:27.62	no time	03:06.32	
	no time				
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:6, starttime: 11:45
Heat: 6/8 Lane : 5 Athlete: VANOPPEN MATHIAS					Q-time: 02:50:44
PB (50m pool): 02:50.44 Antwerpen 13/07/2025 PB (25m pool): 02:40.35 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.21	01:22.20	02:06.92	02:50.44	
	00:38.21	00:43.99	00:44.72	00:43.52	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 11:55
Heat: 1/7 Lane : 7 Athlete: COPERMAN SAM					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 02:46.78 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:5, starttime: 12:10
Heat: 5/7 Lane : 1 Athlete: KOREN ZARA					Q-time: 02:48:02
PB (50m pool): 02:47.54 Antwerpen 21/07/2024 PB (25m pool): 02:41.20 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	02:47.54	
	no time				
					

Coach feedback:

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Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 7 Athlete: BEUNCKENS TESS					Q-time: 02:42:30
PB (50m pool): 02:42.30 SportinGenk Park 01/03/2025 PB (25m pool): 02:34.48 SB: 02:44.31 Seraing 25/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:18.90	no time	02:42.30	
	no time				
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 8 Athlete: VERLEYSSEN NOA					Q-time: 02:43:06
PB (50m pool): 02:42.02 Antwerpen 21/07/2024 PB (25m pool): 02:32.93 SB: 02:44.26 Seraing 25/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:42.02	
	no time				
					

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+					Heat:2, starttime: 12:25
Heat: 2/4 Lane : 4 Athlete: HAUBEN THOMAS					Q-time: 01:09:22
PB (50m pool): 01:09.22 Antwerp 02/02/2025 PB (25m pool): 01:07.92 SB: no time					
	5 0 M	1 0 0 M			
PB	00:33.79	01:09.22			
	00:33.79	00:35.43			
					

Coach feedback:

Event number: 29: 100M BUTTERFLY WOMEN 17+					Heat:2, starttime: 12:30
Heat: 2/2 Lane : 4 Athlete: EVENS NOOR					Q-time: 01:07:70
PB (50m pool): 01:07.46 Antwerpen 28/07/2024 PB (25m pool): 01:06.47 SB: 01:11.33 Seraing 25/01/2026					
	5 0 M	1 0 0 M			
PB	no time	01:07.46			
	no time				
					

Coach feedback: