

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

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

The listed starttimes are indicative!

Coaches: Lievens Stijn

Coaches: Geelen Sofie HEADCOACH

PB => Personal Best time

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

Event number: 16: 400M FREESTYLE MEN 15+

Heat:1, starttime: 09:00

Heat: 1/5 Lane : 3 Athlete: VERBRUGGEN MATS

Q-time: 99:99:99

PB (50m pool): 05:38.01 Aalst 21/12/2024

PB (25m pool): 05:14.66 SB: no time

	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	00:37.61	01:19.70	02:03.20	02:47.26	03:30.50	04:13.94	04:57.18	05:38.01
	00:37.61	00:42.09	00:43.50	00:44.06	00:43.24	00:43.44	00:43.24	00:40.83
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+

Heat:6, starttime: 09:45

Heat: 6/11 Lane : 6 Athlete: BRUGMAN SERENA

Q-time: 02:27:15

PB (50m pool): 02:26.63 Antwerpen 14/07/2024

PB (25m pool): 02:20.02 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	02:26.63	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+

Heat:10, starttime: 09:55

Heat: 10/11 Lane : 0 Athlete: MEYER THYRVI

Q-time: 02:15:81

PB (50m pool): 02:15.81 Antwerpen 27/07/2025

PB (25m pool): 02:11.23 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.92	01:06.89	01:42.28	02:15.81	
	00:31.92	00:34.97	00:35.39	00:33.53	
					

Coach feedback:

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Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:2, starttime: 10:00
Heat: 2/9 Lane : 4 Athlete: VERHEYEN STEPHEN		Q-time: 00:48:30
PB (50m pool): 00:48.30 SportinGenk Park 21/04/2025 PB (25m pool): 00:44.03 SB: no time		
	5 0 M	
PB	00:48.30	
	00:48.30	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 10:05
Heat: 3/9 Lane : 1 Athlete: ASSCHERICKX SEBASTIAAN		Q-time: 00:46:65
PB (50m pool): 00:46.65 SportinGenk Park 21/04/2025 PB (25m pool): 00:41.45 SB: no time		
	5 0 M	
PB	00:46.65	
	00:46.65	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:4, starttime: 10:05
Heat: 4/9 Lane : 4 Athlete: GYPEN THOMAS		Q-time: 00:38:92
PB (50m pool): 00:38.92 Antwerp 02/02/2025 PB (25m pool): 00:37.82 SB: no time		
	5 0 M	
PB	00:38.92	
	00:38.92	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 10:05
Heat: 5/9 Lane : 0 Athlete: VOET LARS		Q-time: 00:38:63
PB (50m pool): 00:38.63 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:33.39 SB: no time		
	5 0 M	
PB	00:38.63	
	00:38.63	
		

Coach feedback:

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Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 10:05
Heat: 5/9 Lane : 6 Athlete: WILLEM ARTHUR		Q-time: 00:37:83
PB (50m pool): 00:37.83 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:37.15 SB: no time		
	5 0 M	
PB	00:37.83	
	00:37.83	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 10:05
Heat: 5/9 Lane : 7 Athlete: VERBRUGGEN MATS		Q-time: 00:38:42
PB (50m pool): 00:38.42 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:36.32 SB: no time		
	5 0 M	
PB	00:38.42	
	00:38.42	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:6, starttime: 10:05
Heat: 6/9 Lane : 9 Athlete: DE WITTE LEO		Q-time: 00:36:91
PB (50m pool): 00:36.91 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:35.03 SB: no time		
	5 0 M	
PB	00:36.91	
	00:36.91	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 10:10
Heat: 7/9 Lane : 2 Athlete: VETS SIEBE		Q-time: 00:35:36
PB (50m pool): 00:34.88 Antwerpen 28/07/2024 PB (25m pool): 00:33.78 SB: no time		
	5 0 M	
PB	00:34.88	
	00:34.88	
		

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 10:10
Heat: 1/8 Lane : 3 Athlete: WILLEN LUNA		Q-time: 00:47:42
PB (50m pool): 00:47.42 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:46.11 SB: no time		
	5 0 M	
PB	00:47.42	
	00:47.42	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 10:10
Heat: 1/8 Lane : 5 Athlete: MEURRENS LINA		Q-time: 00:46:60
PB (50m pool): 00:46.60 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:43.45 SB: no time		
	5 0 M	
PB	00:46.60	
	00:46.60	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:2, starttime: 10:10
Heat: 2/8 Lane : 9 Athlete: FEYAERTS SAVANNAH		Q-time: 00:45:73
PB (50m pool): 00:45.73 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:44.57 SB: no time		
	5 0 M	
PB	00:45.73	
	00:45.73	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 10:15
Heat: 3/8 Lane : 2 Athlete: GERARD CARYS		Q-time: 00:40:29
PB (50m pool): 00:40.29 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:37.58 SB: no time		
	5 0 M	
PB	00:40.29	
	00:40.29	
		

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 10:15
Heat: 3/8 Lane : 5 Athlete: LEMBRECHTS SIEN		Q-time: 00:39:70
PB (50m pool): 00:39.70 Antwerpen 13/07/2025 PB (25m pool): 00:38.82 SB: no time		
	5 0 M	
PB	00:39.70	
	00:39.70	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 10:15
Heat: 4/8 Lane : 2 Athlete: DE CAT DO		Q-time: 00:38:37
PB (50m pool): 00:38.37 Antwerpen 13/07/2025 PB (25m pool): 00:36.67 SB: no time		
	5 0 M	
PB	00:38.37	
	00:38.37	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 10:15
Heat: 4/8 Lane : 3 Athlete: VANSINA ELLE		Q-time: 00:38:27
PB (50m pool): 00:38.27 Eindhoven 16/03/2025 PB (25m pool): 00:37.01 SB: no time		
	5 0 M	
PB	00:38.27	
	00:38.27	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 10:20
Heat: 6/8 Lane : 4 Athlete: VERVLOESSEM SISKI		Q-time: 00:34:69
PB (50m pool): 00:34.69 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:33.97 SB: no time		
	5 0 M	
PB	00:34.69	
	00:34.69	
		

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 10:20
Heat: 6/8 Lane : 6 Athlete: WOUTERS STIEN		Q-time: 00:34:72
PB (50m pool): 00:34.72 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.18 SB: no time		
	5 0 M	
PB	00:34.72	
	00:34.72	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 10:20
Heat: 7/8 Lane : 9 Athlete: GYPEN KAAT		Q-time: 00:34:50
PB (50m pool): 00:34.50 Antwerp 02/02/2025 PB (25m pool): 00:33.47 SB: no time		
	5 0 M	
PB	00:34.50	
	00:34.50	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 10:25
Heat: 4/12 Lane : 1 Athlete: GYPEN THOMAS		Q-time: 00:35:94
PB (50m pool): 00:35.94 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.74 SB: no time		
	5 0 M	
PB	00:35.94	
	00:35.94	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 10:25
Heat: 4/12 Lane : 5 Athlete: VERHEYEN STEPHEN		Q-time: 00:35:06
PB (50m pool): 00:35.06 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.42 SB: no time		
	5 0 M	
PB	00:35.06	
	00:35.06	
		

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+		Heat:4, starttime: 10:25
Heat: 4/12 Lane : 8 Athlete: ASSCHERICKX SEBASTIAAN		Q-time: 00:36:31
PB (50m pool): 00:36.31 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.68 SB: no time		
	5 0 M	
PB	00:36.31	
	00:36.31	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:25
Heat: 5/12 Lane : 4 Athlete: VERBRUGGEN MATS		Q-time: 00:33:60
PB (50m pool): 00:33.60 SportinGenk Park 21/04/2025 PB (25m pool): 00:33.49 SB: no time		
	5 0 M	
PB	00:33.60	
	00:33.60	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:7, starttime: 10:30
Heat: 7/12 Lane : 6 Athlete: VOET LARS		Q-time: 00:31:19
PB (50m pool): 00:31.19 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:30.28 SB: no time		
	5 0 M	
PB	00:31.19	
	00:31.19	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:7, starttime: 10:30
Heat: 7/12 Lane : 7 Athlete: WILLEM ARTHUR		Q-time: 00:31:25
PB (50m pool): 00:31.25 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:30.67 SB: no time		
	5 0 M	
PB	00:31.25	
	00:31.25	
		

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+		Heat:8, starttime: 10:30
Heat: 8/12 Lane : 0 Athlete: VETS SIEBE		Q-time: 00:30:66
PB (50m pool): 00:30.54 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:29.93 SB: no time		
	5 0 M	
PB	00:30.54	
	00:30.54	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:9, starttime: 10:30
Heat: 9/12 Lane : 0 Athlete: RAES DRIES		Q-time: 00:29:57
PB (50m pool): 00:29.57 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.44 SB: no time		
	5 0 M	
PB	00:29.57	
	00:29.57	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:10, starttime: 10:30
Heat: 10/12 Lane : 8 Athlete: DE WITTE LEO		Q-time: 00:29:04
PB (50m pool): 00:29.04 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.63 SB: no time		
	5 0 M	
PB	00:29.04	
	00:29.04	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 10:35
Heat: 2/11 Lane : 0 Athlete: WILLEN LUNA		Q-time: 00:38:72
PB (50m pool): 00:38.72 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:36.89 SB: no time		
	5 0 M	
PB	00:38.72	
	00:38.72	
		

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 10:35
Heat: 2/11 Lane : 1 Athlete: FEYAERTS SAVANNAH			Q-time: 00:37:66
PB (50m pool): 00:37.66 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:38.06 SB: no time			
	5 0 M		
PB	00:37.66		
	00:37.66		
			

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 10:35
Heat: 3/11 Lane : 5 Athlete: LEMBRECHTS SIEN			Q-time: 00:34:38
PB (50m pool): 00:34.38 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.96 SB: no time			
	5 0 M		
PB	00:34.38		
	00:34.38		
			

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 10:35
Heat: 3/11 Lane : 7 Athlete: MEURRENS LINA			Q-time: 00:35:13
PB (50m pool): 00:35.13 Antwerpen 13/07/2025 PB (25m pool): 00:34.69 SB: no time			
	5 0 M		
PB	00:35.13		
	00:35.13		
			

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 10:35
Heat: 4/11 Lane : 4 Athlete: VANSINA ELLE			Q-time: 00:32:31
PB (50m pool): 00:32.31 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:31.42 SB: no time			
	5 0 M		
PB	00:32.31		
	00:32.31		
			

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+							Heat:5, starttime: 10:40	
Heat: 5/11 Lane : 0 Athlete: WOUTERS STIEN							Q-time: 00:32:18	
PB (50m pool): 00:32.18 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:31.07 SB: no time								
	5 0 M							
PB	00:32.18							
	00:32.18							
								

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:5, starttime: 10:40	
Heat: 5/11 Lane : 2 Athlete: GERARD CARYS				Q-time: 00:32:06	
PB (50m pool): 00:32.06 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:31.23SB: no time					
	5 0 M				
PB	00:32.06				
	00:32.06				
					

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+							Heat:10, starttime: 10:45	
Heat: 10/11 Lane : 7 Athlete: BRUGMAN SERENA							Q-time: 00:29:01	
PB (50m pool): 00:28.90 ANTWERPEN 23/04/2023							PB (25m pool): 00:28.15SB: no time	
PB	5 0 M							
	00:28.90							
	00:28.90							
								

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:2, starttime: 10:55
Heat: 2/5 Lane : 6 Athlete: DE CAT DO					Q-time: 03:03:24
PB (50m pool): 03:01.46 Antwerpen 14/07/2024					PB (25m pool): 03:00.85SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:01.46	
	<i>no time</i>				
					

Coach feedback:

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Event number: 23: 200M MEDLEY WOMEN 15+					Heat:4, starttime: 11:05
Heat: 4/5 Lane : 0 Athlete: GYPEN KAAT					Q-time: 02:43:92
PB (50m pool): 02:43.92 Antwerpen 20/04/2025					PB (25m pool): 02:43.00 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.44	01:17.75	02:07.39	02:43.92	
	00:37.44	00:40.31	00:49.64	00:36.53	
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:4, starttime: 11:05
Heat: 4/5 Lane : 3 Athlete: VERVLOESSEM SISKKA					Q-time: 02:40:41
PB (50m pool): 02:40.41 Antwerpen 27/07/2025					PB (25m pool): 02:38.59 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.83	01:16.93	02:03.68	02:40.41	
	00:35.83	00:41.10	00:46.75	00:36.73	
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+					Heat:6, starttime: 11:15
Heat: 6/6 Lane : 0 Athlete: RAES DRIES					Q-time: 00:56:53
PB (50m pool): 00:56.53 Antwerpen 27/07/2025					PB (25m pool): 00:54.67 SB: no time
	5 0 M	1 0 0 M			
PB	00:27.59	00:56.53			
	00:27.59	00:28.94			
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 17+					Heat:2, starttime: 11:20
Heat: 2/3 Lane : 5 Athlete: MEYER THYRVI					Q-time: 01:25:45
PB (50m pool): 01:25.45 Eindhoven 16/03/2025					PB (25m pool): 01:21.17 SB: no time
	5 0 M	1 0 0 M			
PB	00:41.06	01:25.45			
	00:41.06	00:44.39			
					

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 17+				Heat:3, starttime: 11:20
Heat: 3/3 Lane : 9 Athlete: BRUGMAN SERENA				Q-time: 01:24:79
PB (50m pool): 01:31.41 Antwerpen 16/07/2023				PB (25m pool): 01:24.79 SB: no time
	5 0 M	1 0 0 M		
PB	no time	01:31.41		
	no time			
				

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 11:25
Heat: 1/8 Lane : 4 Athlete: VERHEYEN STEPHEN					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:51.87 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: 26: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 11:30
Heat: 2/8 Lane : 1 Athlete: DE WITTE LEO					Q-time: 99:99:99
PB (50m pool): 03:02.92 Antwerpen 21/07/2024					PB (25m pool): 02:59.47 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	03:02.92	
	no time				
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 11:30
Heat: 2/8 Lane : 6 Athlete: VETS SIEBE					Q-time: 99:99:99
PB (50m pool): 02:58.17 ANTWERPEN 30/07/2023					PB (25m pool): 02:43.89 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	02:58.17	
	no time				
					

Coach feedback:

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Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:5, starttime: 11:40
Heat: 5/8 Lane : 6 Athlete: ASSCHERICKX SEBASTIAAN					Q-time: 03:06:10
PB (50m pool): no time PB (25m pool): 03:06.10 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: 26: 200M BREASTSTROKE MEN 13+					Heat:5, starttime: 11:40
Heat: 5/8 Lane : 8 Athlete: GYPEN THOMAS					Q-time: 03:07:69
PB (50m pool): 03:07.52 Antwerpen 21/07/2024 PB (25m pool): 02:58.13 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	03:07.52	
	no time				
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:6, starttime: 11:45
Heat: 6/8 Lane : 8 Athlete: VOET LARS					Q-time: 02:58:53
PB (50m pool): 02:58.53 Antwerpen 20/07/2025 PB (25m pool): 02:52.18 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.52	01:25.86	02:13.22	02:58.53	
	00:39.52	00:46.34	00:47.36	00:45.31	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 12:00
Heat: 2/7 Lane : 0 Athlete: MEURRENS LINA					Q-time: 03:31:77
PB (50m pool): 03:31.77 Eindhoven 16/03/2025 PB (25m pool): 03:43.90 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.30	01:43.63	02:39.13	03:31.77	
	00:49.30	00:54.33	00:55.50	00:52.64	
					

Coach feedback:

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Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 12:00
Heat: 2/7 Lane : 3 Athlete: WILLEN LUNA					Q-time: 03:09:59
PB (50m pool): no time PB (25m pool): 03:09.59 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:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 12:00
Heat: 2/7 Lane : 8 Athlete: FEYAERTS SAVANNAH					Q-time: 03:28:53
PB (50m pool): no time PB (25m pool): 03:28.53 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:3, starttime: 12:05
Heat: 3/7 Lane : 0 Athlete: DE CAT DO					Q-time: 03:02:05
PB (50m pool): 03:02.05 Eindhoven 16/03/2025 PB (25m pool): 02:55.18 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.74	01:28.91	02:16.16	03:02.05	
	00:42.74	00:46.17	00:47.25	00:45.89	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 12:05
Heat: 3/7 Lane : 4 Athlete: GERARD CARYS					Q-time: 02:56:36
PB (50m pool): 02:56.36 Antwerpen 13/07/2025 PB (25m pool): 02:50.81 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.97	01:27.78	02:13.99	02:56.36	
	00:41.97	00:45.81	00:46.21	00:42.37	
					

Coach feedback:

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

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 12:10
Heat: 4/7 Lane : 9 Athlete: LEMBRECHTS SIEN					Q-time: 02:56:11
PB (50m pool): no time PB (25m pool): 02:56.11 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 : 7 Athlete: VANSINA ELLE					Q-time: 02:47:82
PB (50m pool): 02:47.82 Antwerpen 13/07/2025 PB (25m pool): 02:40.37 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.57	01:24.35	02:07.80	02:47.82	
	00:40.57	00:43.78	00:43.45	00:40.02	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 6 Athlete: WOUTERS STIEN					Q-time: 02:41:18
PB (50m pool): 02:41.18 Antwerpen 27/07/2025 PB (25m pool): 02:34.29 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.39	01:18.91	02:00.95	02:41.18	
	00:38.39	00:40.52	00:42.04	00:40.23	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 12:20
Heat: 7/7 Lane : 7 Athlete: MEYER THYRVI					Q-time: 02:32:48
PB (50m pool): no time PB (25m pool): 02:32.48 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:

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

Event number: 28: 100M BACKSTROKE MEN 17+			Heat:2, starttime: 12:25
Heat: 2/4 Lane : 7 Athlete: WILLEM ARTHUR			Q-time: 01:10:87
PB (50m pool): 01:10.87 Antwerpen 20/04/2025			PB (25m pool): 01:03.68 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.57	01:10.87	
	00:34.57	00:36.30	
			

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+			Heat:4, starttime: 12:30
Heat: 4/4 Lane : 6 Athlete: RAES DRIES			Q-time: 01:01:61
PB (50m pool): 01:01.61 Antwerpen 27/07/2025			PB (25m pool): 00:59.89 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.62	01:01.61	
	00:29.62	00:31.99	
			

Coach feedback:

Event number: 29: 100M BUTTERFLY WOMEN 17+			Heat:2, starttime: 12:30
Heat: 2/2 Lane : 8 Athlete: GYPEN KAAT			Q-time: 01:24:81
PB (50m pool): 01:24.81 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:16.47 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.63	01:24.81	
	00:38.63	00:46.18	
			

Coach feedback: