

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

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

Coaches: Destoop Jens

Coaches: Nellen Maik HEADCOACH

PB => Personal Best time

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

Event number: 17: 200M FREESTYLE WOMEN 13+ Heat:7, starttime: 09:45

Heat: 7/11 Lane : 9 Athlete: CARIS LOUISE Q-time: 02:26:48

PB (50m pool): 02:21.35 Antwerpen 12/02/2023 PB (25m pool): 02:14.57 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	02:21.35	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+ Heat:8, starttime: 09:50

Heat: 8/11 Lane : 1 Athlete: VAN HOUCKE IMKE Q-time: 02:21:30

PB (50m pool): 02:21.30 Antwerpen 20/07/2025 PB (25m pool): 02:17.77 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.41	01:08.54	01:45.21	02:21.30	
	00:32.41	00:36.13	00:36.67	00:36.09	
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+ Heat:7, starttime: 10:10

Heat: 7/9 Lane : 8 Athlete: LATTE BRENT Q-time: 00:35:71

PB (50m pool): 00:35.71 Antwerpen 13/07/2025 PB (25m pool): 00:34.83 SB: 00:36.88 Brugge 01/02/2026

	5 0 M	
PB	00:35.71	
	00:35.71	
		

Coach feedback:

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

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 10:10
Heat: 1/8 Lane : 4 Athlete: VAN GANSBEKE NORE		Q-time: 00:46:01
PB (50m pool): 00:46.01 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:39.11 SB: no time		
	5 0 M	
PB	00:46.01	
	00:46.01	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:2, starttime: 10:10
Heat: 2/8 Lane : 6 Athlete: DEPAEPE LANA		Q-time: 00:43:08
PB (50m pool): 00:43.08 Antwerp 02/02/2025 PB (25m pool): 00:40.50 SB: no time		
	5 0 M	
PB	00:43.08	
	00:43.08	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 10:15
Heat: 5/8 Lane : 4 Athlete: ROSSEAU RINSKE		Q-time: 00:35:84
PB (50m pool): 00:35.84 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:35.61 SB: no time		
	5 0 M	
PB	00:35.84	
	00:35.84	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 10:20
Heat: 7/8 Lane : 4 Athlete: BHIJA NOOR		Q-time: 00:33:57
PB (50m pool): 00:33.57 Antwerpen 27/07/2025 PB (25m pool): 00:32.82 SB: 00:34.26 Brugge 01/02/2026		
	5 0 M	
PB	00:33.57	
	00:33.57	
		

Coach feedback:

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

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 10:35
Heat: 3/11 Lane : 1 Athlete: VAN GANSBEKE NORE		Q-time: 00:35:23
PB (50m pool): 00:35.23 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.45 SB: no time		
	5 0 M	
PB	00:35.23	
	00:35.23	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 10:35
Heat: 3/11 Lane : 2 Athlete: DEPAEPE LANA		Q-time: 00:34:93
PB (50m pool): 00:34.93 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:34.23 SB: 00:36.58 Brugge 01/02/2026		
	5 0 M	
PB	00:34.93	
	00:34.93	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 10:35
Heat: 4/11 Lane : 7 Athlete: ROSSEAU RINSKE		Q-time: 00:33:37
PB (50m pool): 00:32.84 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 00:32.66 SB: no time		
	5 0 M	
PB	00:32.84	
	00:32.84	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:7, starttime: 10:40
Heat: 7/11 Lane : 4 Athlete: VAN HOUCKE IMKE		Q-time: 00:30:58
PB (50m pool): 00:30.33 Brugge 01/02/2026 PB (25m pool): 00:29.96 SB: 00:30.33 Brugge 01/02/2026		
	5 0 M	
PB	00:30.33	
	00:30.33	
		

Coach feedback:

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

Event number: 21: 50M FREESTYLE WOMEN 13+					Heat:7, starttime: 10:40	
Heat: 7/11 Lane : 6 Athlete: DERAEDT TILLE					Q-time: 00:30:62	
PB (50m pool): 00:30.62 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:30.28 SB: no time						
	5 0 M					
PB	00:30.62					
	00:30.62					
						

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+					Heat:11, starttime: 10:45				
Heat: 11/11 Lane : 8 Athlete: BHIJA NOOR					Q-time: 00:28:35				
PB (50m pool): 00:28.35 Antwerpen 27/07/2025					PB (25m pool): 00:28.09 SB: 00:28.61 Brugge 01/02/2026				
	5 0 M								
PB	00:28.35								
	00:28.35								
									

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:1, starttime: 10:50
Heat: 1/5 Lane : 3 Athlete: DERAEDT TILLE				Q-time: 99:99:99	
PB (50m pool): 02:47.83 Antwerpen 14/07/2024					PB (25m pool): 02:42.79 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	02:47.83	
	no time				
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:1, starttime: 10:50
Heat: 1/5 Lane : 6 Athlete: CARIS LOUISE				Q-time: 99:99:99	
PB (50m pool): 02:37.92 Antwerp 21/01/2024					PB (25m pool): 02:32.28 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	02:37.92	
	no time				
					

Coach feedback:

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

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 4 Athlete: CARIS MARTHE					Q-time: 02:46:73
PB (50m pool): 02:40.69 Antwerp 28/01/2024					PB (25m pool): 02:33.15 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	02:40.69	
	no time				
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 17+					Heat:1, starttime: 11:20
Heat: 1/3 Lane : 3 Athlete: CARIS LOUISE					Q-time: 99:99:99
PB (50m pool): 01:22.77 Antwerpen 13/02/2022					PB (25m pool): 01:19.51 SB: no time
	5 0 M	1 0 0 M			
PB	no time	01:22.77			
	no time				
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 17+					Heat:2, starttime: 11:20
Heat: 2/3 Lane : 1 Athlete: ROSSEAU RINSKE					Q-time: 01:33:45
PB (50m pool): 01:31.44 Antwerpen 14/07/2024					PB (25m pool): 01:26.02 SB: no time
	5 0 M	1 0 0 M			
PB	no time	01:31.44			
	no time				
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 17+					Heat:2, starttime: 11:20
Heat: 2/3 Lane : 8 Athlete: DEPAEPE LANA					Q-time: 01:37:10
PB (50m pool): 01:34.23 Brugge 01/02/2026					PB (25m pool): 01:32.37 SB: 01:34.23 Brugge 01/02/2026
	5 0 M	1 0 0 M			
PB	00:43.76	01:34.23			
	00:43.76	00:50.47			
					

Coach feedback:

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

Event number: 25: 100M BREASTSTROKE WOMEN 17+				Heat:3, starttime: 11:20
Heat: 3/3 Lane : 7 Athlete: BHIJA NOOR				Q-time: 01:22:19
PB (50m pool): 01:25.55 Antwerpen 16/07/2023				PB (25m pool): 01:22.19 SB: no time
	5 0 M	1 0 0 M		
PB	no time	01:25.55		
	no time			
				

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:5, starttime: 11:40
Heat: 5/8 Lane : 1 Athlete: BEEL NOAH					Q-time: 03:07:66
PB (50m pool): no time					PB (25m pool): 03:07.66 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:1, starttime: 11:55
Heat: 1/7 Lane : 3 Athlete: CARIS MARTHE					Q-time: 99:99:99
PB (50m pool): 02:41.95 Antwerp 28/01/2024					PB (25m pool): 02:33.78 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	02:41.95	
	no time				
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 11:55
Heat: 1/7 Lane : 6 Athlete: VAN GANSBEKE NORE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): no time 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: KWZC

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 0 Athlete: DERAEDT TILLE					Q-time: 02:43:18
PB (50m pool): 02:43.18 Antwerpen 13/07/2025					PB (25m pool): 02:36.58 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.78	01:20.73	02:03.68	02:43.18	
	00:38.78	00:41.95	00:42.95	00:39.50	
					

Coach feedback: