

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

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

Coaches: Hinnekens Rosan HEADCOACH

Coaches: Dewulf Gillian

Coaches: Dewulf Bart

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 : 8 Athlete: FEYS JONAH							Q-time: 99:99:99	
PB (50m pool): 04:36.58 Antwerpen 28/07/2024				PB (25m pool): 04:28.29SB: 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	no time	no time	no time	no time	no time	no time	no time	04:36.58
	no time							
								

Coach feedback:

Event number: 16: 400M FREESTYLE MEN 15+							Heat:3, starttime: 09:10	
Heat: 3/5 Lane : 9 Athlete: VANDEMAELE JACOB							Q-time: 05:04:36	
PB (50m pool): 05:04.36 Kortrijk 04/05/2025				PB (25m pool): 05:21.90SB: 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	00:33.70	01:12.40	01:51.69	02:31.55	03:10.76	03:50.72	04:29.22	05:04.36
	00:33.70	00:38.70	00:39.29	00:39.86	00:39.21	00:39.96	00:38.50	00:35.14
								

Coach feedback:

Event number: 16: 400M FREESTYLE MEN 15+							Heat:4, starttime: 09:15	
Heat: 4/5 Lane : 0 Athlete: THUYLIE VIC							Q-time: 04:49:25	
PB (50m pool): 04:46.98 Brugge 01/02/2026			PB (25m pool): 04:45.33SB: 04:46.98 Brugge 01/02/2026					
	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	00:32.80	01:08.31	01:44.85	02:21.29	02:58.46	03:35.18	04:12.14	04:46.98
	00:32.80	00:35.51	00:36.54	00:36.44	00:37.17	00:36.72	00:36.96	00:34.84
								

Coach feedback:

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

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 09:40
Heat: 4/11 Lane : 2 Athlete: ROMBAUT CÉLINE					Q-time: 02:33:89
PB (50m pool): 02:33.89 Antwerpen 13/07/2025					PB (25m pool): 02:30.11 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.92	01:15.52	01:56.34	02:33.89	
	00:35.92	00:39.60	00:40.82	00:37.55	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 09:40
Heat: 4/11 Lane : 5 Athlete: VERVENNE LOUISA					Q-time: 02:33:57
PB (50m pool): 02:31.50 Brugge 01/02/2026					PB (25m pool): 02:28.99 SB: 02:31.50 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.44	01:14.09	01:53.13	02:31.50	
	00:35.44	00:38.65	00:39.04	00:38.37	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 09:45
Heat: 7/11 Lane : 1 Athlete: DECUPERE LAURENCE					Q-time: 02:25:32
PB (50m pool): 02:25.32 Antwerpen 13/07/2025					PB (25m pool): 02:20.37 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.37	01:10.72	01:48.99	02:25.32	
	00:33.37	00:37.35	00:38.27	00:36.33	
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:1, starttime: 10:00
Heat: 1/9 Lane : 3 Athlete: DECUPERE ALEX					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 00:42.18 SB: no time
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

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

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:4, starttime: 10:05
Heat: 4/9 Lane : 6 Athlete: VANNESTE DAAN		Q-time: 00:39:81
PB (50m pool): 00:37.72 Brugge 01/02/2026		PB (25m pool): 00:36.80 SB: 00:37.72 Brugge 01/02/2026
	5 0 M	
PB	00:37.72	
	00:37.72	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:9, starttime: 10:10
Heat: 9/9 Lane : 6 Athlete: VERELZEN ROBBE		Q-time: 00:31:16
PB (50m pool): 00:31.16 Antwerpen 27/07/2025		PB (25m pool): 00:30.35 SB: no time
	5 0 M	
PB	00:31.16	
	00:31.16	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:1, starttime: 10:10
Heat: 1/8 Lane : 6 Athlete: DUMORTIER ELISE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 10:15
Heat: 3/8 Lane : 9 Athlete: DECUPERE LAURENCE		Q-time: 00:41:60
PB (50m pool): 00:36.53 Brugge 01/02/2026		PB (25m pool): 00:39.99 SB: 00:36.53 Brugge 01/02/2026
	5 0 M	
PB	00:36.53	
	00:36.53	
		

Coach feedback:

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

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 10:20
Heat: 7/8 Lane : 5 Athlete: CHRISTIAENS JUTTA		Q-time: 00:33:65
PB (50m pool): 00:33.65 Antwerpen 27/07/2025 PB (25m pool): 00:33.23 SB: no time		
	5 0 M	
PB	00:33.65	
	00:33.65	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:3, starttime: 10:25
Heat: 3/12 Lane : 5 Athlete: DE BAL LUCAS		Q-time: 00:37:01
PB (50m pool): 00:37.01 Kortrijk 04/05/2025 PB (25m pool): no time SB: no time		
	5 0 M	
PB	00:37.01	
	00:37.01	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:7, starttime: 10:30
Heat: 7/12 Lane : 9 Athlete: VANNESTE DAAN		Q-time: 00:31:65
PB (50m pool): 00:31.65 Kortrijk 04/05/2025 PB (25m pool): 00:31.52 SB: no time		
	5 0 M	
PB	00:31.65	
	00:31.65	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:8, starttime: 10:40
Heat: 8/11 Lane : 8 Athlete: FEYS FARAH		Q-time: 00:30:48
PB (50m pool): 00:30.48 Kortrijk 16/02/2025 PB (25m pool): 00:30.60 SB: no time		
	5 0 M	
PB	00:30.48	
	00:30.48	
		

Coach feedback:

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

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:5, starttime: 11:05
Heat: 5/5 Lane : 1 Athlete: CHRISTIAENS JUTTA					Q-time: 02:36:30
PB (50m pool): 02:36.30 Antwerpen 27/04/2025					PB (25m pool): 02:29.72 SB: 02:37.13 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.28	01:14.36	02:02.23	02:36.30	
	00:33.28	00:41.08	00:47.87	00:34.07	
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+					Heat:5, starttime: 11:15
Heat: 5/6 Lane : 0 Athlete: DEBOOSER THIBAUT					Q-time: 00:58:10
PB (50m pool): 00:57.11 Zwembad Brigitte Becue Oostend 21/11/2025					PB (25m pool): 00:55.73 SB: no time
	5 0 M	1 0 0 M			
PB	no time	00:57.11			
	no time				
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 11:25
Heat: 1/8 Lane : 3 Athlete: DECUPERE ALEX					Q-time: 99:99:99
PB (50m pool): 02:57.72 Kortrijk 26/12/2024					PB (25m pool): 02:54.25 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.80	01:23.90	02:11.04	02:57.72	
	00:38.80	00:45.10	00:47.14	00:46.68	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:8, starttime: 11:50
Heat: 8/8 Lane : 5 Athlete: VERELZEN ROBBE					Q-time: 02:29:43
PB (50m pool): 02:29.33 Antwerpen 28/07/2024					PB (25m pool): 02:23.86 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	02:29.33	
	no time				
					

Coach feedback:

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

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 11:55
Heat: 1/7 Lane : 1 Athlete: DUMORTIER ELISE					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:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 12:00
Heat: 2/7 Lane : 7 Athlete: VERVENNE LOUISA					Q-time: 03:24:61
PB (50m pool): no time PB (25m pool): 03:24.61 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 : 3 Athlete: FEYS FARAH					Q-time: 02:44:76
PB (50m pool): 02:40.91 Brugge 01/02/2026 PB (25m pool): 02:42.99 SB: 02:40.91 Brugge 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.78	01:18.47	02:01.54	02:40.91	
	00:37.78	00:40.69	00:43.07	00:39.37	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 12:10
Heat: 5/7 Lane : 8 Athlete: ROMBAUT CÉLINE					Q-time: 02:49:41
PB (50m pool): no time PB (25m pool): 02:49.41 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: