

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

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

The listed starttimes are indicative!

Coaches: Van Mieghem Evelien HEADCOACH

Coaches: Lammens Tim

Coaches: Felies Jürgen

PB => Personal Best time

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

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 09:30
Heat: 1/11 Lane : 6 Athlete: NEETESONNE LOTTE					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: 17: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 09:30
Heat: 2/11 Lane : 0 Athlete: VAN SLYCKEN LOUISE					Q-time: 03:11:25
PB (50m pool): 03:11.25 Aalst 11/05/2025 PB (25m pool): 02:54.45 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.69	01:29.89	02:21.77	03:11.25	
	00:41.69	00:48.20	00:51.88	00:49.48	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 09:30
Heat: 2/11 Lane : 9 Athlete: PHILIPS NOé					Q-time: 03:14:71
PB (50m pool): 03:14.71 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:13.03 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.19	01:35.29	02:28.77	03:14.71	
	00:42.19	00:53.10	00:53.48	00:45.94	
					

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 09:45
Heat: 6/11 Lane : 1 Athlete: LAMMENS ALIX					Q-time: 02:28:30
PB (50m pool): 02:28.30 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:21.95 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.44	01:12.40	01:51.25	02:28.30	
	00:34.44	00:37.96	00:38.85	00:37.05	
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:1, starttime: 10:00
Heat: 1/9 Lane : 4 Athlete: HEIJL RUBEN					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 00:51.19 SB: no time					
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:00
Heat: 2/9 Lane : 0 Athlete: GOOSSENS HENDRIK					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: 18: 50M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:00
Heat: 2/9 Lane : 6 Athlete: ROGIERS LUCAS					Q-time: 00:50:83
PB (50m pool): 00:50.83 Aalst 11/05/2025 PB (25m pool): 01:01.14 SB: no time					
	5 0 M				
PB	00:50.83				
	00:50.83				
					

Coach feedback:

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Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:2, starttime: 10:00
Heat: 2/9 Lane : 8 Athlete: ROGIERS LOUIS		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: 18: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 10:05
Heat: 3/9 Lane : 5 Athlete: VERHENNE TIM		Q-time: 00:44:37
PB (50m pool): no time		PB (25m pool): 00:42.63 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 10:05
Heat: 3/9 Lane : 9 Athlete: YILDIZ AMMAR		Q-time: 00:47:75
PB (50m pool): 00:47.75 Aalst 11/05/2025		PB (25m pool): 00:45.52 SB: no time
	5 0 M	
PB	00:47.75	
	00:47.75	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 10:05
Heat: 5/9 Lane : 1 Athlete: VAN LAERE JUUL		Q-time: 00:38:46
PB (50m pool): 00:50.57 Aalst 15/05/2022		PB (25m pool): 00:36.97 SB: no time
	5 0 M	
PB	00:50.57	
	00:50.57	
		

Coach feedback:

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Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:6, starttime: 10:05
Heat: 6/9 Lane : 5 Athlete: FELIES JARNE		Q-time: 00:36:08
PB (50m pool): 00:36.08 Aalst 11/05/2025		PB (25m pool): 00:33.78 SB: no time
	5 0 M	
PB	00:36.08	
	00:36.08	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:8, starttime: 10:10
Heat: 8/9 Lane : 8 Athlete: LAMMENS XANDER		Q-time: 00:34:54
PB (50m pool): 00:32.90 Aalst 15/05/2022		PB (25m pool): 00:32.58 SB: no time
	5 0 M	
PB	00:32.90	
	00:32.90	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 10:15
Heat: 5/8 Lane : 5 Athlete: JACOBS EVA		Q-time: 00:36:01
PB (50m pool): 00:36.01 Aalst 11/05/2025		PB (25m pool): 00:32.23 SB: no time
	5 0 M	
PB	00:36.01	
	00:36.01	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 10:25
Heat: 2/12 Lane : 2 Athlete: ROGIERS LUCAS		Q-time: 00:42:48
PB (50m pool): no time		PB (25m pool): 00:40.61 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+			Heat:2, starttime: 10:25
Heat: 2/12 Lane : 9 Athlete: GOOSSENS HENDRIK			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: 20: 50M BUTTERFLY MEN 13+			Heat:3, starttime: 10:25
Heat: 3/12 Lane : 3 Athlete: ROGIERS LOUIS			Q-time: 00:37:04
PB (50m pool): 00:37.04 Aalst 11/05/2025 PB (25m pool): 00:33.40 SB: no time			
	5 0 M		
PB	00:37.04		
	00:37.04		
			

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+			Heat:5, starttime: 10:25
Heat: 5/12 Lane : 3 Athlete: VERHENNE TIM			Q-time: 00:34:08
PB (50m pool): 00:34.08 Antwerpen 13/07/2025 PB (25m pool): 00:34.45 SB: no time			
	5 0 M		
PB	00:34.08		
	00:34.08		
			

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+			Heat:6, starttime: 10:25
Heat: 6/12 Lane : 4 Athlete: VAN LAERE JUUL			Q-time: 00:31:72
PB (50m pool): 00:31.72 Aalst 11/05/2025 PB (25m pool): 00:30.72 SB: no time			
	5 0 M		
PB	00:31.72		
	00:31.72		
			

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:1, starttime: 10:35	
Heat: 1/11 Lane : 1 Athlete: NEETESONNE LOTTE				Q-time: 99:99:99	
PB (50m pool): 00:39.13 LOCHRISTI 25/01/2026				PB (25m pool): no time SB: 00:39.13 LOCHRISTI 25/01/2026	
	5 0 M				
PB	00:39.13				
	00:39.13				
					

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:1, starttime: 10:35	
Heat: 1/11 Lane : 5 Athlete: GOOSSENS TARA				Q-time: 99:99:99	
PB (50m pool): 00:31.32 Antwerpen 16/07/2023				PB (25m pool): 00:30.34 SB: 00:32.21 LOCHRISTI 25/01/2026	
	5 0 M				
PB	00:31.32				
	00:31.32				
					

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:2, starttime: 10:35	
Heat: 2/11 Lane : 2 Athlete: PHILIPS NOé				Q-time: 00:37:07	
PB (50m pool): 00:37.07 WACHTEBEKE 19/01/2025				PB (25m pool): 00:38.00 SB: 00:37.45 LOCHRISTI 25/01/2026	
	5 0 M				
PB	00:37.07				
	00:37.07				
					

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:2, starttime: 10:35	
Heat: 2/11 Lane : 9 Athlete: VAN SLYCKEN LOUISE				Q-time: 00:38:87	
PB (50m pool): 00:38.06 LOCHRISTI 25/01/2026				PB (25m pool): 00:37.58 SB: 00:38.06 LOCHRISTI 25/01/2026	
	5 0 M				
PB	00:38.06				
	00:38.06				
					

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 10:40
Heat: 5/11 Lane : 7 Athlete: JACOBS EVA			Q-time: 00:32:07
PB (50m pool): 00:32.07 Aalst 11/05/2025			PB (25m pool): 00:30.54 SB: no time
	5 0 M		
PB	00:32.07		
	00:32.07		
			

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 10:40
Heat: 6/11 Lane : 0 Athlete: LAMMENS ALIX			Q-time: 00:31:62
PB (50m pool): 00:45.18 Aalst 15/05/2022			PB (25m pool): 00:30.57 SB: no time
	5 0 M		
PB	00:45.18		
	00:45.18		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:1, starttime: 11:10
Heat: 1/6 Lane : 4 Athlete: HEIJL RUBEN			Q-time: 01:16:84
PB (50m pool): 01:16.84 Gent (Rozebroeken) 03/03/2024			PB (25m pool): 01:10.94 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:16.84	
	no time		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:2, starttime: 11:10
Heat: 2/6 Lane : 4 Athlete: LAMMENS XANDER			Q-time: 01:03:61
PB (50m pool): 01:02.18 Lago Rozebroeken Gent 05/03/2023			PB (25m pool): 01:00.62 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:02.18	
	no time		
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 17+				Heat:3, starttime: 11:10
Heat: 3/6 Lane : 5 Athlete: FELIES JARNE				Q-time: 01:00:87
PB (50m pool): 01:00.87 Antwerpen 13/07/2025				PB (25m pool): 00:58.54 SB: no time
	5 0 M	1 0 0 M		
PB	00:29.23	01:00.87		
	00:29.23	00:31.64		
				

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 17+				Heat:1, starttime: 11:20
Heat: 1/3 Lane : 5 Athlete: GOOSSENS TARA				Q-time: 99:99:99
PB (50m pool): 01:29.95 Antwerpen 16/07/2023				PB (25m pool): 01:27.14 SB: no time
	5 0 M	1 0 0 M		
PB	no time	01:29.95		
	no time			
				

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 11:35
Heat: 3/8 Lane : 0 Athlete: YILDIZ AMMAR					Q-time: 03:58:21
PB (50m pool): 03:58.21 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.14	01:52.98	02:56.09	03:58.21	
	00:53.14	00:59.84	01:03.11	01:02.12	
					

Coach feedback: