

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

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

Coaches: Devriese Boris

Coaches: Wielfaert Wout

Coaches: Speliers Sabrina HEADCOACH

PB => Personal Best time

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

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 09:30
Heat: 2/11 Lane : 2 Athlete: VAN LIERDE ROOS					Q-time: 02:51:47
PB (50m pool): 02:51.47 Antwerpen 13/07/2025					PB (25m pool): 02:49.12 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.62	01:22.45	02:07.76	02:51.47	
	00:38.62	00:43.83	00:45.31	00:43.71	
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:00
Heat: 2/9 Lane : 7 Athlete: CARLIER REMI					Q-time: 00:53:55
PB (50m pool): 00:56.30 Aalst 30/04/2023					PB (25m pool): 00:53.55 SB: no time
	5 0 M				
PB	00:56.30				
	00:56.30				
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:05
Heat: 3/9 Lane : 2 Athlete: BOONEN KAREL					Q-time: 00:46:32
PB (50m pool): 00:46.32 Aalst 11/05/2025					PB (25m pool): 00:42.91 SB: no time
	5 0 M				
PB	00:46.32				
	00:46.32				
					

Coach feedback:

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Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 10:05
Heat: 3/9 Lane : 6 Athlete: VAN BRAECKEL SEPPE		Q-time: 00:45:74
PB (50m pool): 00:45.74 Aalst 11/05/2025		PB (25m pool): 00:45.24 SB: no time
	5 0 M	
PB	00:45.74	
	00:45.74	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:2, starttime: 10:10
Heat: 2/8 Lane : 5 Athlete: VAN DE WALLE NORA		Q-time: 00:42:33
PB (50m pool): 00:42.33 MOUSCRON 29/05/2025		PB (25m pool): 00:39.39 SB: no time
	5 0 M	
PB	00:42.33	
	00:42.33	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 10:15
Heat: 5/8 Lane : 0 Athlete: CARLIER ALICE		Q-time: 00:37:60
PB (50m pool): 00:37.60 MOUSCRON 29/05/2025		PB (25m pool): 00:36.08 SB: no time
	5 0 M	
PB	00:37.60	
	00:37.60	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 10:20
Heat: 7/8 Lane : 8 Athlete: STERKEN NILA		Q-time: 00:34:39
PB (50m pool): 00:34.39 La Louvière 25/05/2025		PB (25m pool): 00:33.36 SB: no time
	5 0 M	
PB	00:34.39	
	00:34.39	
		

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+		Heat:3, starttime: 10:25
Heat: 3/12 Lane : 1 Athlete: DE REGGE MATTEO		Q-time: 00:38:40
PB (50m pool): 01:01.62 Antwerp 04/02/2024		PB (25m pool): 00:38.40 SB: no time
	5 0 M	
PB	01:01.62	
	01:01.62	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:1, starttime: 10:35
Heat: 1/11 Lane : 4 Athlete: DE KETELAERE FEBE		Q-time: 00:41:24
PB (50m pool): 00:39.33 LOCHRISTI 25/01/2026		PB (25m pool): no time SB: 00:39.33 LOCHRISTI 25/01/2026
	5 0 M	
PB	00:39.33	
	00:39.33	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 10:35
Heat: 2/11 Lane : 8 Athlete: BERTE LISE		Q-time: 00:38:26
PB (50m pool): 00:38.26 MOUSCRON 29/05/2025		PB (25m pool): 00:35.42 SB: no time
	5 0 M	
PB	00:38.26	
	00:38.26	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 10:35
Heat: 3/11 Lane : 0 Athlete: VAN LIERDE ROOS		Q-time: 00:35:78
PB (50m pool): 00:35.78 MOUSCRON 29/05/2025		PB (25m pool): 00:34.07 SB: no time
	5 0 M	
PB	00:35.78	
	00:35.78	
		

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:4, starttime: 10:35	
Heat: 4/11 Lane : 1 Athlete: PAUWELS MARGO				Q-time: 00:33:50	
PB (50m pool): 00:33.50 Antwerpen 20/04/2025				PB (25m pool): 00:32.03 SB: no time	
	5 0 M				
PB	00:33.50				
	00:33.50				
					

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:10, starttime: 10:45	
Heat: 10/11 Lane : 9 Athlete: STERKEN NILA				Q-time: 00:29:34	
PB (50m pool): 00:29.34 Aalst 11/05/2025				PB (25m pool): 00:28.81 SB: no time	
	5 0 M				
PB	00:29.34				
	00:29.34				
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 13+				Heat:1, starttime: 10:45	
Heat: 1/2 Lane : 3 Athlete: BOONEN KAREL				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: 23: 200M MEDLEY WOMEN 15+				Heat:1, starttime: 10:50	
Heat: 1/5 Lane : 5 Athlete: BERTE LISE				Q-time: 03:31:10	
PB (50m pool): 03:31.10 Kortrijk 26/12/2025				PB (25m pool): 03:23.85 SB: 03:31.10 Kortrijk 26/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.55	01:45.54	02:44.57	03:31.10	
	00:50.55	00:54.99	00:59.03	00:46.53	
					

Coach feedback:

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Event number: 23: 200M MEDLEY WOMEN 15+					Heat:2, starttime: 10:55
Heat: 2/5 Lane : 9 Athlete: VAN DE WALLE NORA					Q-time: 03:16:52
PB (50m pool): 03:16.52 Kortrijk 26/12/2025			PB (25m pool): 03:11.80 SB: 03:16.52 Kortrijk 26/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.14	01:33.85	02:31.92	03:16.52	
	00:42.14	00:51.71	00:58.07	00:44.60	
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 9 Athlete: CARLIER ALICE					Q-time: 02:52:60
PB (50m pool): 03:07.32 Antwerpen 16/07/2023			PB (25m pool): 02:52.60 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	03:07.32	
	no time				
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 17+					Heat:2, starttime: 11:20
Heat: 2/3 Lane : 2 Athlete: PAUWELS MARGO					Q-time: 01:28:05
PB (50m pool): 01:28.05 Antwerpen 13/07/2025			PB (25m pool): 01:29.72 SB: no time		
	5 0 M	1 0 0 M			
PB	00:41.32	01:28.05			
	00:41.32	00:46.73			
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 11:35
Heat: 3/8 Lane : 7 Athlete: DE REGGE MATTEO					Q-time: 03:51:69
PB (50m pool): no time			PB (25m pool): 03:51.69 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: 26: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 11:35
Heat: 3/8 Lane : 8 Athlete: CARLIER REMI					Q-time: 03:57:41
PB (50m pool): no time			PB (25m pool): 03:57.41 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:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 11:40
Heat: 4/8 Lane : 9 Athlete: VAN BRAECKEL SEPPE					Q-time: 03:35:81
PB (50m pool): 03:35.81 MOUSCRON 29/05/2025			PB (25m pool): 03:44.72 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.11	01:45.49	02:41.04	03:35.81	
	00:49.11	00:56.38	00:55.55	00:54.77	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 11:55
Heat: 1/7 Lane : 5 Athlete: DE KETELAERE FEBE					Q-time: 03:51:40
PB (50m pool): 03:51.40 La Louvière 25/05/2025			PB (25m pool): no time SB: 03:57.22 Kortrijk 26/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.88	01:57.12	02:55.68	03:51.40	
	00:55.88	01:01.24	00:58.56	00:55.72	
					

Coach feedback:

Event number: 29: 100M BUTTERFLY WOMEN 17+					Heat:1, starttime: 12:30
Heat: 1/2 Lane : 3 Athlete: PAUWELS MARGO					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			
PB	no time	no time			
	no time				
					

Coach feedback:

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Event number: 29: 100M BUTTERFLY WOMEN 17+			Heat:1, starttime: 12:30
Heat: 1/2 Lane : 4 Athlete: CARLIER ALICE			Q-time: 01:35:85
PB (50m pool): no time			PB (25m pool): 01:35.85 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback: