

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

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

Coaches: Meirhaeghe Jens

PB => Personal Best time

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

Event number: 17: 200M FREESTYLE WOMEN 13+ Heat:10, starttime: 09:55

Heat: 10/11 Lane : 2 Athlete: MALFAIT LIZANNA (LIZI) Q-time: 02:14:55

PB (50m pool): 02:14.55 Antwerpen 20/07/2025 PB (25m pool): 02:11.35 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.91	01:04.88	01:40.06	02:14.55	
	00:30.91	00:33.97	00:35.18	00:34.49	
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+ Heat:4, starttime: 10:05

Heat: 4/9 Lane : 2 Athlete: DE VLIIEGER ELIOTT Q-time: 00:41:22

PB (50m pool): 00:41.22 MOUSCRON 29/05/2025 PB (25m pool): 00:37.92 SB: no time

	5 0 M	
PB	00:41.22	
	00:41.22	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+ Heat:8, starttime: 10:20

Heat: 8/8 Lane : 5 Athlete: BEIJNSBERGER MARE Q-time: 00:30:63

PB (50m pool): 00:30.63 Antwerpen 27/07/2025 PB (25m pool): 00:30.94 SB: no time

	5 0 M	
PB	00:30.63	
	00:30.63	
		

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:10, starttime: 10:45	
Heat: 10/11 Lane : 8 Athlete: MALFAIT LIZANNA (LIZI)				Q-time: 00:29:09	
PB (50m pool): 00:29.09 La Louvière 25/05/2025				PB (25m pool): 00:28.04 SB: no time	
	5 0 M				
PB	00:29.09				
	00:29.09				
					

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:11, starttime: 10:45	
Heat: 11/11 Lane : 6 Athlete: BEIJNSBERGER MARE				Q-time: 00:27:21	
PB (50m pool): 00:27.21 Antwerpen 27/07/2025				PB (25m pool): 00:29.56 SB: no time	
	5 0 M				
PB	00:27.21				
	00:27.21				
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:4, starttime: 11:05	
Heat: 4/5 Lane : 4 Athlete: BEIJNSBERGER MARE					Q-time: 02:40:03	
PB (50m pool): 02:40.03 Antwerpen 20/04/2025					PB (25m pool): 02:39.94 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:34.33	01:12.51	02:04.22	02:40.03		
	00:34.33	00:38.18	00:51.71	00:35.81		
						

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:5, starttime: 11:40	
Heat: 5/8 Lane : 4 Athlete: DE VLIETTER ELIOTT					Q-time: 03:02:46	
PB (50m pool): 03:02.46 Kortrijk 26/12/2025					PB (25m pool): 02:55.31 SB: 03:02.46 Kortrijk 26/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:40.65	01:28.03	02:15.37	03:02.46		
	00:40.65	00:47.38	00:47.34	00:47.09		
						

Coach feedback:

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Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 3 Athlete: MALFAIT LIZANNA (LIZI)					Q-time: 02:40:55
PB (50m pool): 02:40.55 Antwerpen 20/07/2025					PB (25m pool): 02:37.31 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.63	01:18.57	02:00.29	02:40.55	
	00:37.63	00:40.94	00:41.72	00:40.26	
					

Coach feedback: