

# MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: STA

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

The listed starttimes are indicative!

Coaches: Claeys Arthur

Coaches: Lasoen Sam

Coaches: Schepens Thiele

Coaches: Buyck Tine

Coaches: Vervynckt Nathalie HEADCOACH

Coaches: Vlamijnck Robin

PB => Personal Best time

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

Event number: 17: 200M FREESTYLE WOMEN 13+

Heat:5, starttime: 09:40

Heat: 5/11 Lane : 3 Athlete: VAN DOORNE LORE

Q-time: 02:29:30

PB (50m pool): 02:32.46 Antwerpen 13/07/2025

PB (25m pool): 02:29.30 SB: no time

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:34.98  | 01:13.98  | 01:53.76  | 02:32.46  |  |
|    | 00:34.98  | 00:39.00  | 00:39.78  | 00:38.70  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+

Heat:7, starttime: 09:45

Heat: 7/11 Lane : 2 Athlete: BUYLE LAURE

Q-time: 02:24:42

PB (50m pool): 02:29.30 Antwerpen 14/07/2024

PB (25m pool): 02:24.42 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   | 02:29.30  |  |
|    | no time   |           |           |           |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+

Heat:8, starttime: 09:50

Heat: 8/11 Lane : 2 Athlete: DE SMUL PAULINE

Q-time: 02:21:00

PB (50m pool): 02:23.54 Antwerpen 20/04/2025

PB (25m pool): 02:21.00 SB: no time

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB | 00:33.66  | 01:09.84  | 01:47.19  | 02:23.54  |  |
|    | 00:33.66  | 00:36.18  | 00:37.35  | 00:36.35  |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

# MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: STA

| Event number: 17: 200M FREESTYLE WOMEN 13+                        |          |          |          |          | Heat:10, starttime: 09:55                                  |
|-------------------------------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Heat: 10/11 Lane : 3 Athlete: DE MULDER CHLOë                     |          |          |          |          | Q-time: 02:14:05                                           |
| PB (50m pool): 02:17.49 Olympic Pool Wezenberg, Antwer 30/07/2025 |          |          |          |          | PB (25m pool): 02:14.05 SB: 02:19.27 Luxembourg 01/02/2026 |
|                                                                   | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                                            |
| PB                                                                | 00:32.47 | 01:07.32 | 01:42.70 | 02:17.49 |                                                            |
|                                                                   | 00:32.47 | 00:34.85 | 00:35.38 | 00:34.79 |                                                            |
|                                                                   | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

| Event number: 17: 200M FREESTYLE WOMEN 13+   |          |          |          |          | Heat:10, starttime: 09:55           |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 10/11 Lane : 4 Athlete: DE GRAVE LIZE  |          |          |          |          | Q-time: 02:13:79                    |
| PB (50m pool): 02:19.55 Antwerpen 13/07/2025 |          |          |          |          | PB (25m pool): 02:13.79 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                           | 00:31.65 | 01:06.74 | 01:43.27 | 02:19.55 |                                     |
|                                              | 00:31.65 | 00:35.09 | 00:36.53 | 00:36.28 |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 17: 200M FREESTYLE WOMEN 13+   |          |          |          |          | Heat:10, starttime: 09:55                                  |
|----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Heat: 10/11 Lane : 7 Athlete: VLAMIJNCK LORE |          |          |          |          | Q-time: 02:15:17                                           |
| PB (50m pool): 02:18.31 Antwerp 09/02/2025   |          |          |          |          | PB (25m pool): 02:15.17 SB: 02:21.06 Luxembourg 01/02/2026 |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                                            |
| PB                                           | 00:31.64 | 01:06.61 | 01:42.17 | 02:18.31 |                                                            |
|                                              | 00:31.64 | 00:34.97 | 00:35.56 | 00:36.14 |                                                            |
|                                              | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

| Event number: 17: 200M FREESTYLE WOMEN 13+    |          |          |          |          | Heat:11, starttime: 10:00                                  |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Heat: 11/11 Lane : 5 Athlete: VAN AVONDT LINA |          |          |          |          | Q-time: 02:07:30                                           |
| PB (50m pool): 02:08.50 Antwerpen 27/07/2025  |          |          |          |          | PB (25m pool): 02:07.30 SB: 02:10.91 Luxembourg 01/02/2026 |
|                                               | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                                            |
| PB                                            | 00:29.86 | 01:02.54 | 01:36.11 | 02:08.50 |                                                            |
|                                               | 00:29.86 | 00:32.68 | 00:33.57 | 00:32.39 |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

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| Event number: 20: 50M BUTTERFLY MEN 13+      |          |  |  | Heat:10, starttime: 10:30                                 |
|----------------------------------------------|----------|--|--|-----------------------------------------------------------|
| Heat: 10/12 Lane : 9 Athlete: DHOOGHE LIAM   |          |  |  | Q-time: 00:29:17                                          |
| PB (50m pool): 00:29.17 Wezenberg 03/01/2026 |          |  |  | PB (25m pool): 00:28.06 SB: 00:29.17 Wezenberg 03/01/2026 |
|                                              | 5 0 M    |  |  |                                                           |
| PB                                           | 00:29.17 |  |  |                                                           |
|                                              | 00:29.17 |  |  |                                                           |
|                                              | .....    |  |  |                                                           |

Coach feedback:

| Event number: 23: 200M MEDLEY WOMEN 15+     |          |          |          |          | Heat:4, starttime: 11:05            |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/5 Lane : 2 Athlete: DE SMUL PAULINE |          |          |          |          | Q-time: 02:42:63                    |
| PB (50m pool): 02:42.63 MOUSCRON 29/05/2025 |          |          |          |          | PB (25m pool): 02:43.18 SB: no time |
|                                             | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                          | 00:34.15 | 01:15.33 | 02:04.97 | 02:42.63 |                                     |
|                                             | 00:34.15 | 00:41.18 | 00:49.64 | 00:37.66 |                                     |
|                                             | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 200M MEDLEY WOMEN 15+      |          |          |          |          | Heat:4, starttime: 11:05            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/5 Lane : 5 Athlete: VAN DOORNE LORE  |          |          |          |          | Q-time: 02:40:41                    |
| PB (50m pool): 02:45.30 Antwerpen 20/07/2025 |          |          |          |          | PB (25m pool): 02:40.41 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                           | 00:35.34 | 01:18.19 | 02:08.05 | 02:45.30 |                                     |
|                                              | 00:35.34 | 00:42.85 | 00:49.86 | 00:37.25 |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 200M MEDLEY WOMEN 15+      |         |         |         |          | Heat:4, starttime: 11:05            |
|----------------------------------------------|---------|---------|---------|----------|-------------------------------------|
| Heat: 4/5 Lane : 6 Athlete: VLAMIJNCK LORE   |         |         |         |          | Q-time: 02:42:39                    |
| PB (50m pool): 02:40.88 ANTWERPEN 23/07/2023 |         |         |         |          | PB (25m pool): 02:42.70 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 | 02:40.88 |                                     |
|                                              | no time |         |         |          |                                     |
|                                              | .....   | .....   | .....   | .....    |                                     |

Coach feedback:

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| Event number: 23: 200M MEDLEY WOMEN 15+      |          |          |          |          | Heat:4, starttime: 11:05            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/5 Lane : 7 Athlete: BUYLE LAURE      |          |          |          |          | Q-time: 02:42:65                    |
| PB (50m pool): 02:50.57 Antwerpen 20/07/2025 |          |          |          |          | PB (25m pool): 02:42.65 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                           | 00:36.91 | 01:20.66 | 02:11.34 | 02:50.57 |                                     |
|                                              | 00:36.91 | 00:43.75 | 00:50.68 | 00:39.23 |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 200M MEDLEY WOMEN 15+      |          |          |          |          | Heat:4, starttime: 11:05            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/5 Lane : 9 Athlete: DE GRAVE LIZE    |          |          |          |          | Q-time: 02:44:16                    |
| PB (50m pool): 02:44.16 Antwerpen 13/07/2025 |          |          |          |          | PB (25m pool): 02:44.44 SB: no time |
|                                              | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                           | 00:33.78 | 01:17.96 | 02:05.79 | 02:44.16 |                                     |
|                                              | 00:33.78 | 00:44.18 | 00:47.83 | 00:38.37 |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 200M MEDLEY WOMEN 15+     |          |          |          |          | Heat:5, starttime: 11:05            |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 5/5 Lane : 0 Athlete: DE MULDER CHLOë |          |          |          |          | Q-time: 02:38:13                    |
| PB (50m pool): 02:41.91 Kortrijk 04/05/2025 |          |          |          |          | PB (25m pool): 02:38.13 SB: no time |
|                                             | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                          | 00:34.69 | 01:17.22 | 02:07.03 | 02:41.91 |                                     |
|                                             | 00:34.69 | 00:42.53 | 00:49.81 | 00:34.88 |                                     |
|                                             | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 200M MEDLEY WOMEN 15+     |          |          |          |          | Heat:5, starttime: 11:05            |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 5/5 Lane : 4 Athlete: VAN AVONDT LINA |          |          |          |          | Q-time: 02:25:93                    |
| PB (50m pool): 02:33.57 Kortrijk 04/05/2025 |          |          |          |          | PB (25m pool): 02:25.66 SB: no time |
|                                             | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |                                     |
| PB                                          | 00:32.76 | 01:12.28 | 01:59.52 | 02:33.57 |                                     |
|                                             | 00:32.76 | 00:39.52 | 00:47.24 | 00:34.05 |                                     |
|                                             | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

# MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: STA

| Event number: 24: 100M FREESTYLE MEN 17+     |          |          | Heat:6, starttime: 11:15                                   |
|----------------------------------------------|----------|----------|------------------------------------------------------------|
| Heat: 6/6 Lane : 3 Athlete: DHOOGHE LIAM     |          |          | Q-time: 00:54:34                                           |
| PB (50m pool): 00:55.65 Antwerpen 27/07/2025 |          |          | PB (25m pool): 00:54.34 SB: 00:56.11 Luxembourg 01/02/2026 |
|                                              | 50 M     | 100 M    |                                                            |
| PB                                           | 00:26.71 | 00:55.65 |                                                            |
|                                              | 00:26.71 | 00:28.94 |                                                            |
|                                              | .....    | .....    |                                                            |

Coach feedback:

| Event number: 28: 100M BACKSTROKE MEN 17+ |          |          | Heat:3, starttime: 12:25            |
|-------------------------------------------|----------|----------|-------------------------------------|
| Heat: 3/4 Lane : 7 Athlete: DHOOGHE LIAM  |          |          | Q-time: 01:06:35                    |
| PB (50m pool): 01:08.25 Aalst 28/06/2025  |          |          | PB (25m pool): 01:05.89 SB: no time |
|                                           | 50 M     | 100 M    |                                     |
| PB                                        | 00:32.90 | 01:08.25 |                                     |
|                                           | 00:32.90 | 00:35.35 |                                     |
|                                           | .....    | .....    |                                     |

Coach feedback: