

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

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

Coaches: Vandermeulen Eric

Coaches: Goossens Nicole HEADCOACH

PB => Personal Best time

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

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 09:55
Heat: 9/11 Lane : 7 Athlete: WULLAERT FIEN					Q-time: 02:17:86
PB (50m pool): 02:20.07 Antwerpen 20/07/2025 PB (25m pool): 02:17.86 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.49	01:08.30	01:45.26	02:20.07	
	00:32.49	00:35.81	00:36.96	00:34.81	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:11, starttime: 10:00
Heat: 11/11 Lane : 1 Athlete: DELPORTE LOTTE					Q-time: 02:12:31
PB (50m pool): 02:16.34 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:12.31 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.15	01:08.75	01:43.00	02:16.34	
	00:34.15	00:34.60	00:34.25	00:33.34	
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:05
Heat: 5/9 Lane : 2 Athlete: BOURDIAUDHY THIBAU					Q-time: 00:38:09
PB (50m pool): no time PB (25m pool): 00:38.09 SB: no time					
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

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Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 10:10
Heat: 7/9	Lane : 4	Athlete: BEN AYAD NAOUFAL
PB (50m pool): no time		PB (25m pool): 00:35.08 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 10:10
Heat: 7/9	Lane : 5	Athlete: EL BOUHDIDI ISLAM
PB (50m pool): no time		PB (25m pool): 00:35.11 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 10:20
Heat: 6/8	Lane : 8	Athlete: DE SMET AMÉLIE
PB (50m pool): no time		PB (25m pool): 00:35.22 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:25
Heat: 5/12	Lane : 2	Athlete: VERHAGEN TOON
PB (50m pool): no time		PB (25m pool): 00:34.48 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:8, starttime: 10:30
Heat: 8/12 Lane : 3 Athlete: VERHAGEN ROBBE			Q-time: 00:30:12
PB (50m pool): no time PB (25m pool): 00:30.12 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+			Heat:8, starttime: 10:30
Heat: 8/12 Lane : 6 Athlete: VAN GOETHEM ARTHUR			Q-time: 00:30:12
PB (50m pool): no time PB (25m pool): 00:30.12 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+			Heat:11, starttime: 10:30
Heat: 11/12 Lane : 3 Athlete: VAN DE GENDER WOUT			Q-time: 00:28:19
PB (50m pool): 00:28.64 Aalst 11/05/2025 PB (25m pool): 00:28.19 SB: no time			
	5 0 M		
PB	00:28.64		
	00:28.64		
			

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 10:40
Heat: 9/11 Lane : 5 Athlete: VERHULST JENTE			Q-time: 00:29:52
PB (50m pool): 00:29.52 Antwerp 02/02/2025 PB (25m pool): 00:29.37 SB: 00:29.75 LOCHRISTI 25/01/2026			
	5 0 M		
PB	00:29.52		
	00:29.52		
			

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+			Heat:11, starttime: 10:45
Heat: 11/11 Lane : 0 Athlete: WULLAERT FIEN			Q-time: 00:28:39
PB (50m pool): 00:29.28 Aalst 11/05/2025			PB (25m pool): 00:28.39 SB: no time
	5 0 M		
PB	00:29.28		
	00:29.28		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:5, starttime: 11:15
Heat: 5/6 Lane : 1 Athlete: EL BOUHDIDI ISLAM			Q-time: 00:57:82
PB (50m pool): 00:59.53 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 00:57.82 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.75	00:59.53	
	00:28.75	00:30.78	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:5, starttime: 11:15
Heat: 5/6 Lane : 6 Athlete: VERHAGEN ROBBE			Q-time: 00:57:73
PB (50m pool): 01:00.35 Olympic Pool Wezenberg, Antwer 30/07/2025			PB (25m pool): 00:57.73 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.00	01:00.35	
	00:29.00	00:31.35	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:6, starttime: 11:15
Heat: 6/6 Lane : 6 Athlete: VAN DE GENDER WOUT			Q-time: 00:54:96
PB (50m pool): 00:56.84 Antwerpen 27/07/2025			PB (25m pool): 00:54.96 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.55	00:56.84	
	00:27.55	00:29.29	
			

Coach feedback:

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Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:7, starttime: 11:50
Heat: 7/8 Lane : 5 Athlete: VAN GOETHEM ARTHUR					Q-time: 02:47:15
PB (50m pool): 03:09.62 Antwerp 26/01/2025					PB (25m pool): 02:47.15 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.87	01:30.60	02:20.64	03:09.62	
	00:41.87	00:48.73	00:50.04	00:48.98	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:7, starttime: 11:50
Heat: 7/8 Lane : 9 Athlete: BEN AYAD NAOUFAL					Q-time: 02:49:44
PB (50m pool): no time					PB (25m pool): 02:49.23 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:8, starttime: 11:50
Heat: 8/8 Lane : 9 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:45:24
PB (50m pool): 02:57.89 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:45.24 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.21	01:26.21	02:12.56	02:57.89	
	00:40.21	00:46.00	00:46.35	00:45.33	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 12:10
Heat: 4/7 Lane : 2 Athlete: VERHULST JENTE					Q-time: 02:52:82
PB (50m pool): 03:02.23 WACHTEBEKE 19/01/2025					PB (25m pool): 02:52.82 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:29.42	no time	03:02.23	
	no time				
					

Coach feedback:

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

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 12:20
Heat: 7/7 Lane : 2 Athlete: DELPORTE LOTTE					Q-time: 02:32:44
PB (50m pool): 02:35.77 Antwerpen 27/07/2025					PB (25m pool): 02:32.35 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.69	01:16.99	01:57.31	02:35.77	
	00:37.69	00:39.30	00:40.32	00:38.46	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 12:20
Heat: 7/7 Lane : 9 Athlete: DE SMET AMÉLIE					Q-time: 02:39:66
PB (50m pool): no time					PB (25m pool): 02:39.66 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: 28: 100M BACKSTROKE MEN 17+					Heat:2, starttime: 12:25
Heat: 2/4 Lane : 3 Athlete: EL BOUHDIDI ISLAM					Q-time: 01:10:10
PB (50m pool): 01:11.84 Antwerp 04/02/2024					PB (25m pool): 01:10.10 SB: no time
	5 0 M	1 0 0 M			
PB	no time	01:11.84			
	no time				
					

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+					Heat:3, starttime: 12:25
Heat: 3/4 Lane : 5 Athlete: VERHAGEN ROBBE					Q-time: 01:05:25
PB (50m pool): 01:08.65 Olympic Pool Wezenberg, Antwer 30/03/2024					PB (25m pool): 01:05.25 SB: no time
	5 0 M	1 0 0 M			
PB	00:33.43	01:08.65			
	00:33.43	00:35.22			
					

Coach feedback:

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Event number: 28: 100M BACKSTROKE MEN 17+		Heat:4, starttime: 12:30	
Heat: 4/4 Lane : 3 Athlete: VAN DE GENDER WOUT			Q-time: 01:01:41
PB (50m pool): 01:05.92 Antwerpen 20/04/2025 PB (25m pool): 01:01.41 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.21	01:05.92	
	00:32.21	00:33.71	
			

Coach feedback: