

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

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

The listed starttimes are indicative!

Coaches: Vandenbussche Liselotte

Coaches: Desmet Carl

Coaches: Backs Hubert

Coaches: François Ewout

Coaches: Nuytten Stefanie HEADCOACH

Coaches: De Cramer Renée

PB => Personal Best time

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

Event number: 16: 400M FREESTYLE MEN 15+

Heat:3, starttime: 09:10

Heat: 3/5 Lane : 2 Athlete: DECLERCK LUKAS

Q-time: 04:55:46

PB (50m pool): 04:57.23 Brugge 01/02/2026

PB (25m pool): 04:55.46 SB: 04:57.23 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.56	01:09.73	01:47.28	02:25.64	03:04.09	03:42.97	04:20.75	04:57.23
	00:32.56	00:37.17	00:37.55	00:38.36	00:38.45	00:38.88	00:37.78	00:36.48
								

Coach feedback:

Event number: 16: 400M FREESTYLE MEN 15+

Heat:4, starttime: 09:15

Heat: 4/5 Lane : 1 Athlete: DELEYE TRISTAN

Q-time: 04:47:60

PB (50m pool): 04:53.93 Brugge 01/02/2026

PB (25m pool): 04:47.60 SB: 04:53.93 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.72	01:09.69	01:47.86	02:25.57	03:03.26	03:41.35	04:18.46	04:53.93
	00:32.72	00:36.97	00:38.17	00:37.71	00:37.69	00:38.09	00:37.11	00:35.47
								

Coach feedback:

Event number: 16: 400M FREESTYLE MEN 15+

Heat:5, starttime: 09:25

Heat: 5/5 Lane : 0 Athlete: DECLERCK SIMON

Q-time: 04:25:92

PB (50m pool): 04:33.03 Antwerpen 27/07/2025

PB (25m pool): 04:25.92 SB: 04:42.47 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:30.19	01:03.95	01:38.30	02:12.80	02:47.82	03:23.12	03:58.54	04:33.03
	00:30.19	00:33.76	00:34.35	00:34.50	00:35.02	00:35.30	00:35.42	00:34.49
								

Coach feedback:

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Event number: 16: 400M FREESTYLE MEN 15+							Heat:5, starttime: 09:25	
Heat: 5/5 Lane : 1 Athlete: KINDT LIAM							Q-time: 04:23:80	
PB (50m pool): 04:23.80 Charleroi 11/01/2026				PB (25m pool): 04:22.93SB: 04:23.80 Charleroi 11/01/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.65	01:03.26	01:37.56	02:10.57	02:44.65	03:18.40	03:52.02	04:23.80
	00:30.65	00:32.61	00:34.30	00:33.01	00:34.08	00:33.75	00:33.62	00:31.78
								

Coach feedback:

Event number: 16: 400M FREESTYLE MEN 15+							Heat:5, starttime: 09:25	
Heat: 5/5 Lane : 6 Athlete: THONON MATISSE							Q-time: 04:19:63	
PB (50m pool): 04:33.74 Brugge 01/02/2026				PB (25m pool): 04:19.63 SB: 04:33.74 Brugge 01/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.87	01:04.33	01:38.85	02:13.39	02:48.66	03:24.21	03:59.29	04:33.74
	00:30.87	00:33.46	00:34.52	00:34.54	00:35.27	00:35.55	00:35.08	00:34.45
								

Coach feedback:

Event number: 16: 400M FREESTYLE MEN 15+							Heat:5, starttime: 09:25	
Heat: 5/5 Lane : 7 Athlete: VANDEKERCKHOVE JEROME							Q-time: 04:22:20	
PB (50m pool): 04:22.20 Antwerpen 27/07/2025				PB (25m pool): 04:23.94 SB: 04:24.02 Brugge 01/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:29.04	01:01.37	01:34.73	02:09.15	02:42.62	03:16.74	03:50.33	04:22.20
	00:29.04	00:32.33	00:33.36	00:34.42	00:33.47	00:34.12	00:33.59	00:31.87
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:40			
Heat: 4/11 Lane : 6 Athlete: VAN STEENKISTE LIA							Q-time: 02:33:81			
PB (50m pool): 02:34.51 Charleroi 11/01/2026				PB (25m pool): 02:33.81 SB: 02:34.51 Charleroi 11/01/2026						
	5 0 M		1 0 0 M		1 5 0 M		2 0 0 M			
PB	no time		no time		no time		02:34.51			
	no time									
										

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 09:45
Heat: 6/11 Lane : 7 Athlete: VANDENBROUCKE FEBE					Q-time: 02:28:08
PB (50m pool): 02:34.14 Charleroi 11/01/2026					PB (25m pool): 02:28.08 SB: 02:34.14 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:34.14	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 09:45
Heat: 7/11 Lane : 4 Athlete: CLAEYS ELENA					Q-time: 02:22:59
PB (50m pool): 02:24.71 Charleroi 11/01/2026					PB (25m pool): 02:22.59 SB: 02:24.71 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:24.71	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 09:50
Heat: 8/11 Lane : 3 Athlete: HUYBEN ISOLDE					Q-time: 02:20:11
PB (50m pool): 02:24.45 Antwerpen 20/07/2025					PB (25m pool): 02:20.11 SB: 02:27.42 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.53	01:09.57	01:47.61	02:24.45	
	00:32.53	00:37.04	00:38.04	00:36.84	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 09:50
Heat: 8/11 Lane : 9 Athlete: VERNIEUWE IRENE					Q-time: 02:22:58
PB (50m pool): 02:28.50 Charleroi 11/01/2026					PB (25m pool): 02:22.58 SB: 02:28.50 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:28.50	
	no time				
					

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 09:55
Heat: 9/11 Lane : 1 Athlete: MEULEMEESTER NORE					Q-time: 02:18:06
PB (50m pool): 02:18.06 Antwerpen 20/04/2025					PB (25m pool): 02:17.51 SB: 02:24.29 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.61	01:07.97	01:43.84	02:18.06	
	00:32.61	00:35.36	00:35.87	00:34.22	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 09:55
Heat: 9/11 Lane : 5 Athlete: DESMET FIEN					Q-time: 02:16:54
PB (50m pool): 02:16.53 Lago Gent Rozebroeken 07/05/2023					PB (25m pool): 02:13.83 SB: 02:20.88 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:16.53	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 09:55
Heat: 9/11 Lane : 6 Athlete: LINSKENS ELLOISE					Q-time: 02:17:09
PB (50m pool): 02:19.12 Antwerpen 20/04/2025					PB (25m pool): 02:17.09 SB: 02:22.05 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.11	01:07.48	01:43.70	02:19.12	
	00:32.11	00:35.37	00:36.22	00:35.42	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:10, starttime: 09:55
Heat: 10/11 Lane : 5 Athlete: DARRAS NINA					Q-time: 02:13:86
PB (50m pool): 02:18.43 Antwerpen 20/07/2025					PB (25m pool): 02:13.86 SB: 02:21.57 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.89	01:06.72	01:42.72	02:18.43	
	00:31.89	00:34.83	00:36.00	00:35.71	
					

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:11, starttime: 10:00
Heat: 11/11 Lane : 0 Athlete: VANDEKERCKHOVE JULIETTE					Q-time: 02:12:68
PB (50m pool): 02:13.78 Antwerpen 20/07/2025					PB (25m pool): 02:12.68 SB: 02:18.48 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.19	01:05.30	01:39.85	02:13.78	
	00:31.19	00:34.11	00:34.55	00:33.93	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:11, starttime: 10:00
Heat: 11/11 Lane : 3 Athlete: DESMET LIEZE					Q-time: 02:07:33
PB (50m pool): 02:12.30 Antwerpen 20/04/2025					PB (25m pool): 02:07.33 SB: 02:13.43 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.05	01:04.59	01:39.02	02:12.30	
	00:31.05	00:33.54	00:34.43	00:33.28	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:11, starttime: 10:00
Heat: 11/11 Lane : 4 Athlete: LAMMENS MARY					Q-time: 02:04:79
PB (50m pool): 02:09.69 Brugge 01/02/2026					PB (25m pool): 02:04.79 SB: 02:09.69 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.54	01:03.78	01:37.01	02:09.69	
	00:30.54	00:33.24	00:33.23	00:32.68	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:11, starttime: 10:00
Heat: 11/11 Lane : 6 Athlete: GANTOIS JANNE					Q-time: 02:09:75
PB (50m pool): 02:14.60 Antwerpen 20/07/2025					PB (25m pool): 02:09.75 SB: 02:15.08 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.10	01:05.23	01:40.36	02:14.60	
	00:31.10	00:34.13	00:35.13	00:34.24	
					

Coach feedback:

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Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:9, starttime: 10:10
Heat: 9/9 Lane : 1 Athlete: FRANÇOIS WOUT		Q-time: 00:31:54
PB (50m pool): 00:31.86 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:31.54 SB: no time		
	5 0 M	
PB	00:31.86	
	00:31.86	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:3, starttime: 10:25
Heat: 3/12 Lane : 2 Athlete: BLOMME STAN		Q-time: 00:37:77
PB (50m pool): 00:37.77 Brugge 15/03/2025 PB (25m pool): 00:40.59SB: no time		
	5 0 M	
PB	00:37.77	
	00:37.77	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:3, starttime: 10:25
Heat: 3/12 Lane : 9 Athlete: DUMAREY WOUT		Q-time: 00:39:23
PB (50m pool): 00:44.36 Brugge 15/03/2025 PB (25m pool): 00:39.23SB: no time		
	5 0 M	
PB	00:44.36	
	00:44.36	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+										Heat:4, starttime: 10:25																			
Heat: 4/12 Lane : 0 Athlete: DESANTE LEON																				Q-time: 00:36:67									
PB (50m pool): 00:36.45 Brugge 01/02/2026										PB (25m pool): 00:36.67 SB: 00:36.45 Brugge 01/02/2026																			
	5 0 M																												
PB	00:36.45																												
	00:36.45																												
																													

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:25
Heat: 5/12 Lane : 1 Athlete: CHRISTIAENS LUCAS		Q-time: 00:34:63
PB (50m pool): 00:37.65 Brugge 15/03/2025 PB (25m pool): 00:34.63 SB: no time		
	5 0 M	
PB	00:37.65	
	00:37.65	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 10:25
Heat: 5/12 Lane : 8 Athlete: THIELEMANS LEON		Q-time: 00:34:92
PB (50m pool): 00:38.54 Brugge 15/03/2025 PB (25m pool): 00:34.92 SB: no time		
	5 0 M	
PB	00:38.54	
	00:38.54	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+			Heat:9, starttime: 10:30		
Heat: 9/12 Lane : 2 Athlete: FRANÇOIS TIJS			Q-time: 00:29:45		
PB (50m pool): 00:29.45 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.68 SB: no time					
	5 0 M				
PB	00:29.45				
	00:29.45				
					

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+			Heat:12, starttime: 10:35		
Heat: 12/12 Lane : 1 Athlete: PIRLET WOUT			Q-time: 00:27:59		
PB (50m pool): 00:27.59 Antwerpen 27/07/2025			PB (25m pool): 00:30.10 SB: 00:27.81 Brugge 01/02/2026		
	5 0 M				
PB	00:27.59				
	00:27.59				
					

Coach feedback:

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Event number: 23: 200M MEDLEY WOMEN 15+					Heat:5, starttime: 11:05
Heat: 5/5 Lane : 5 Athlete: DE BRUYCKER CHLOë					Q-time: 02:26:61
PB (50m pool): 02:29.67 Antwerpen 21/04/2024					PB (25m pool): 02:26.61 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	02:29.67	
	no time				
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+					Heat:5, starttime: 11:15
Heat: 5/6 Lane : 4 Athlete: PIRLET WOUT					Q-time: 00:56:99
PB (50m pool): 00:57.46 Antwerp 09/02/2025					PB (25m pool): 00:56.99 SB: 00:58.84 Brugge 01/02/2026
	5 0 M	1 0 0 M			
PB	00:27.71	00:57.46			
	00:27.71	00:29.75			
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 17+					Heat:3, starttime: 11:20
Heat: 3/3 Lane : 2 Athlete: DESMET FIEN					Q-time: 01:19:87
PB (50m pool): 01:20.72 Antwerpen 28/07/2024					PB (25m pool): 01:19.85 SB: 01:24.37 Brugge 01/02/2026
	5 0 M	1 0 0 M			
PB	no time	01:20.72			
	no time				
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:6, starttime: 11:45
Heat: 6/8 Lane : 1 Athlete: CHRISTIAENS LUCAS					Q-time: 02:57:61
PB (50m pool): 02:56.64 Brugge 01/02/2026					PB (25m pool): 02:57.61 SB: 02:56.64 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.24	01:26.57	02:12.34	02:56.64	
	00:40.24	00:46.33	00:45.77	00:44.30	
					

Coach feedback:

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Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:8, starttime: 11:50
Heat: 8/8 Lane : 2 Athlete: FRANÇOIS WOUT					Q-time: 02:33:18
PB (50m pool): 02:40.20 Kortrijk 26/12/2024					PB (25m pool): 02:33.18 SB: 02:41.52 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.20	01:18.11	01:59.79	02:40.20	
	00:37.20	00:40.91	00:41.68	00:40.41	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:8, starttime: 11:50
Heat: 8/8 Lane : 6 Athlete: VANDEKERCKHOVE JEROME					Q-time: 02:32:74
PB (50m pool): 02:45.77 Kortrijk 26/12/2024					PB (25m pool): 02:32.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.53	01:20.30	02:03.50	02:45.77	
	00:37.53	00:42.77	00:43.20	00:42.27	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 11:55
Heat: 1/7 Lane : 2 Athlete: VERNIEUWE IRENE					Q-time: 99:99:99
PB (50m pool): 03:04.15 Molenbeek 18/02/2024					PB (25m pool): 03:14.26 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	03:04.15	
	no time				
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 12:05
Heat: 3/7 Lane : 8 Athlete: VANDENBROUCKE FEBE					Q-time: 03:00:86
PB (50m pool): 02:58.82 Brugge 01/02/2026					PB (25m pool): no time SB: 02:58.82 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.14	01:27.63	02:13.27	02:58.82	
	00:42.14	00:45.49	00:45.64	00:45.55	
					

Coach feedback:

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Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 12:10
Heat: 5/7 Lane : 9 Athlete: VAN STEENKISTE LIA					Q-time: 02:50:30
PB (50m pool): 02:50.58 Brugge 01/02/2026					PB (25m pool): 02:50.30 SB: 02:50.58 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.75	01:23.46	02:08.31	02:50.58	
	00:39.75	00:43.71	00:44.85	00:42.27	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 2 Athlete: HUYBEN ISOLDE					Q-time: 02:41:27
PB (50m pool): 02:41.27 Antwerpen 20/07/2025					PB (25m pool): 03:21.94 SB: 02:48.52 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.36	01:20.05	02:00.91	02:41.27	
	00:38.36	00:41.69	00:40.86	00:40.36	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 12:20
Heat: 7/7 Lane : 1 Athlete: CLAEYS ELENA					Q-time: 02:33:67
PB (50m pool): 02:40.12 Antwerpen 20/07/2025					PB (25m pool): 02:33.67 SB: 02:40.68 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.66	01:17.89	01:59.62	02:40.12	
	00:36.66	00:41.23	00:41.73	00:40.50	
					

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+					Heat:3, starttime: 12:25
Heat: 3/4 Lane : 9 Athlete: DECLERCK SIMON					Q-time: 01:08:72
PB (50m pool): 01:10.90 Kortrijk 04/05/2025					PB (25m pool): 01:08.72 SB: 01:11.73 Charleroi 11/01/2026
	5 0 M	1 0 0 M			
PB	00:34.10	01:10.90			
	00:34.10	00:36.80			
					

Coach feedback:

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Event number: 28: 100M BACKSTROKE MEN 17+		Heat:4, starttime: 12:30	
Heat: 4/4 Lane : 9 Athlete: FRANÇOIS TIJS			Q-time: 01:04:53
PB (50m pool): 01:07.87 Kortrijk 04/05/2025		PB (25m pool): 01:04.53 SB: 01:08.97 Brugge 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:32.92	01:07.87	
	00:32.92	00:34.95	
			

Coach feedback: