

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

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

Coaches: Van Den Broeck Dennis

Coaches: Wouters Karen

Coaches: Kennes Kylian

Coaches: Martens Jelle

PB => Personal Best time

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

Event number: 16: 400M FREESTYLE MEN 15+							Heat:2, starttime: 09:05	
Heat: 2/5 Lane : 1 Athlete: VERSPECHT KOBE							Q-time: 05:30:72	
PB (50m pool): 05:30.72 Aalst 11/05/2025				PB (25m pool): 05:10.96SB: no time				
	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	00:35.25	01:15.37	01:58.69	02:42.11	03:24.56	04:07.32	04:50.00	05:30.72
	00:35.25	00:40.12	00:43.32	00:43.42	00:42.45	00:42.76	00:42.68	00:40.72
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 09:35
Heat: 3/11 Lane : 9 Athlete: DE TOLLENAERE LAURA				Q-time: 02:47:41	
PB (50m pool): 02:47.41 Antwerpen 13/07/2025			PB (25m pool): 02:42.57 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.13	01:19.58	02:04.47	02:47.41	
	00:37.13	00:42.45	00:44.89	00:42.94	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:40	
Heat: 4/11 Lane : 7 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 02:36:09	
PB (50m pool): 02:36.09 Antwerpen 13/07/2025				PB (25m pool): 02:33.61 SB: 02:36.86 Aalst 20/12/2025				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M				
PB	00:36.32	01:16.65	01:57.59	02:36.09				
	00:36.32	00:40.33	00:40.94	00:38.50				
								

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 09:40
Heat: 5/11 Lane : 1 Athlete: VERSPECHT KAAAT					Q-time: 02:31:95
PB (50m pool): 02:58.24 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:31.95 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	02:58.24	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 09:40
Heat: 5/11 Lane : 8 Athlete: NUYTKENS MARIE					Q-time: 02:32:36
PB (50m pool): 03:00.43 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:32.36 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	03:00.43	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:10, starttime: 09:55
Heat: 10/11 Lane : 6 Athlete: DALEMANS LYN					Q-time: 02:14:28
PB (50m pool): 02:13.36 ANTWERPEN 23/07/2023 PB (25m pool): 02:08.10 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	02:13.36	
	no time				
					

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+					Heat:6, starttime: 10:20
Heat: 6/8 Lane : 0 Athlete: JACOBS ROXANNE					Q-time: 00:35:37
PB (50m pool): 00:35.37 Antwerpen 13/07/2025 PB (25m pool): 00:34.43 SB: no time					
	5 0 M				
PB	00:35.37				
	00:35.37				
					

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 13+				Heat:6, starttime: 10:20	
Heat: 6/8 Lane : 1 Athlete: VAN DEN EEDE OLIVIA				Q-time: 00:35:13	
PB (50m pool): 00:35.13 Wezenberg 03/01/2026				PB (25m pool): 00:33.64 SB: 00:35.13 Wezenberg 03/01/2026	
	5 0 M				
PB	00:35.13				
	00:35.13				
					

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+				Heat:7, starttime: 10:20	
Heat: 7/8 Lane : 0 Athlete: VERSPECHT LIEN				Q-time: 00:34:43	
PB (50m pool): 00:34.43 Aalst 11/05/2025				PB (25m pool): 00:33.13 SB: no time	
	5 0 M				
PB	00:34.43				
	00:34.43				
					

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+				Heat:8, starttime: 10:20	
Heat: 8/8 Lane : 2 Athlete: GEENS AMÉLIE				Q-time: 00:32:53	
PB (50m pool): 00:32.53 Antwerpen 27/04/2025				PB (25m pool): 00:31.72 SB: 00:32.59 Wezenberg 03/01/2026	
	5 0 M				
PB	00:32.53				
	00:32.53				
					

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+				Heat:4, starttime: 10:25	
Heat: 4/12 Lane : 7 Athlete: VERSPECHT KOBE				Q-time: 00:35:87	
PB (50m pool): 00:35.87 Aalst 11/05/2025				PB (25m pool): 00:34.79 SB: 00:36.13 Wezenberg 03/01/2026	
	5 0 M				
PB	00:35.87				
	00:35.87				
					

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+							Heat:11, starttime: 10:30		
Heat: 11/12 Lane : 1 Athlete: BAKX WARRE							Q-time: 00:28:37		
PB (50m pool): 00:28.37 Antwerpen 27/07/2025							PB (25m pool): 00:28.24SB: 00:28.68 Wezenberg 03/01/2026		
	5 0 M								
PB	00:28.37								
	00:28.37								
									

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+							Heat:4, starttime: 10:35		
Heat: 4/11 Lane : 0 Athlete: DE TOLLENAERE LAURA							Q-time: 00:33:83		
PB (50m pool): 00:33.83 Aalst 11/05/2025							PB (25m pool): 00:34.09SB: no time		
	5 0 M								
PB	00:33.83								
	00:33.83								
									

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+										Heat:9, starttime: 10:40																													
Heat: 9/11																				Lane : 2					Athlete: VAN DEN EEDE OLIVIA										Q-time: 00:29:90				
PB (50m pool): 00:29.70										Antwerpen 28/07/2024										PB (25m pool): 00:29.51										SB: 00:29.93					Wezenberg 03/01/2026				
		5 0 M																																					
PB		00:29.70																																					
		00:29.70																																					
																																							

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+							Heat:11, starttime: 10:45		
Heat: 11/11 Lane : 3 Athlete: DALEMANS LYN							Q-time: 00:27:13		
PB (50m pool): 00:27.13 Antwerpen 27/07/2025							PB (25m pool): 00:26.76SB: 00:27.78 Wezenberg 03/01/2026		
	5 0 M								
PB	00:27.13								
	00:27.13								
									

Coach feedback:

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Event number: 23: 200M MEDLEY WOMEN 15+					Heat:1, starttime: 10:50
Heat: 1/5 Lane : 1 Athlete: JACOBS ROXANNE					Q-time: 99:99:99
PB (50m pool): 02:58.58 Aalst. 16/12/2023					PB (25m pool): 02:51.13 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	02:58.58	
	no time				
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:2, starttime: 10:55
Heat: 2/5 Lane : 8 Athlete: REYNIERS FIEN					Q-time: 03:09:38
PB (50m pool): 03:09.38 Antwerpen 13/07/2025					PB (25m pool): 03:05.62 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.77	01:29.04	02:26.97	03:09.38	
	00:42.77	00:46.27	00:57.93	00:42.41	
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:3, starttime: 11:00
Heat: 3/5 Lane : 8 Athlete: JACOBS LAURIEN					Q-time: 02:52:50
PB (50m pool): 02:52.50 Antwerpen 13/07/2025					PB (25m pool): 02:42.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.55	01:21.13	02:10.69	02:52.50	
	00:36.55	00:44.58	00:49.56	00:41.81	
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:5, starttime: 11:05
Heat: 5/5 Lane : 8 Athlete: GEENS AMÉLIE					Q-time: 02:37:31
PB (50m pool): 02:42.08 ANTWERPEN 23/07/2023					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	no time	no time	no time	02:42.08	
	no time				
					

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 17+				Heat:3, starttime: 11:20
Heat: 3/3 Lane : 6 Athlete: VAN DEN EEDE OLIVIA				Q-time: 01:19:84
PB (50m pool): 01:19.84 Aalst 11/05/2025				PB (25m pool): 01:16.60 SB: no time
	5 0 M	1 0 0 M		
PB	00:37.55	01:19.84		
	00:37.55	00:42.29		
				

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:8, starttime: 11:50
Heat: 8/8 Lane : 1 Athlete: BAKX WARRE					Q-time: 02:41:78
PB (50m pool): 02:40.36 Antwerpen 21/07/2024					PB (25m pool): 02:36.94 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	02:40.36	
	no time				
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 12:05
Heat: 3/7 Lane : 5 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 02:57:94
PB (50m pool): 02:57.94 Antwerpen 13/07/2025					PB (25m pool): 02:53.25 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.78	01:28.47	02:14.49	02:57.94	
	00:42.78	00:45.69	00:46.02	00:43.45	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 12:05
Heat: 3/7 Lane : 7 Athlete: JACOBS LAURIEN					Q-time: 03:00:07
PB (50m pool): 03:00.07 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:45.28 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.75	01:27.88	02:14.27	03:00.07	
	00:42.75	00:45.13	00:46.39	00:45.80	
					

Coach feedback:

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Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 12:10
Heat: 4/7 Lane : 3 Athlete: VERSPECHT KAAT					Q-time: 02:52:20
PB (50m pool): 02:52.20 Aalst 11/05/2025					PB (25m pool): 02:43.06 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.11	01:25.76	02:09.62	02:52.20	
	00:41.11	00:44.65	00:43.86	00:42.58	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 12:10
Heat: 4/7 Lane : 6 Athlete: NUYTKENS MARIE					Q-time: 02:52:79
PB (50m pool): 02:52.79 Aalst 20/12/2025					PB (25m pool): 02:46.14 SB: 02:52.79 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.26	01:24.91	02:10.16	02:52.79	
	00:40.26	00:44.65	00:45.25	00:42.63	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 12:20
Heat: 7/7 Lane : 5 Athlete: DALEMANS LYN					Q-time: 02:25:96
PB (50m pool): 02:25.96 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:22.07 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.47	01:11.24	01:49.35	02:25.96	
	00:34.47	00:36.77	00:38.11	00:36.61	
					

Coach feedback:

Event number: 29: 100M BUTTERFLY WOMEN 17+			Heat:2, starttime: 12:30		
Heat: 2/2 Lane : 2 Athlete: VERSPECHT LIEN			Q-time: 01:19:08		
PB (50m pool): 01:19.08 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:16.74 SB: no time		
	5 0 M	1 0 0 M			
PB	00:34.58	01:19.08			
	00:34.58	00:44.50			
					

Coach feedback: