

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

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

Coaches: Van Vlasselaer Eva

Coaches: Wauters Tine HEADCOACH

Coaches: Callebaut Joris

Coaches: Lelong Christel

PB => Personal Best time

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

Event number: 16: 400M FREESTYLE MEN 15+							Heat:4, starttime: 09:15	
Heat: 4/5 Lane : 5 Athlete: VAN DER BORGHT FLORIS							Q-time: 04:29:90	
PB (50m pool): 04:29.65 Antwerpen 28/07/2024				PB (25m pool): 04:20.83 SB: 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	no time	no time	no time	no time	no time	no time	no time	04:29.65
	no time							
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 09:50
Heat: 8/11 Lane : 0 Athlete: THIJS MAAIKE				Q-time: 02:22:27	
PB (50m pool): 02:22.27 Antwerp 09/02/2025			PB (25m pool): 02:19.28 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.80	01:09.04	01:46.46	02:22.27	
	00:32.80	00:36.24	00:37.42	00:35.81	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 09:50
Heat: 8/11 Lane : 4 Athlete: BOHMER JANNE				Q-time: 02:19:04	
PB (50m pool): 02:19.04 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:16.14 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.23	01:07.86	01:43.97	02:19.04	
	00:32.23	00:35.63	00:36.11	00:35.07	
					

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 09:50
Heat: 8/11 Lane : 5 Athlete: VELDHUIS VICTORIA					Q-time: 02:19:96
PB (50m pool): 02:19.96 Antwerp 09/02/2025 PB (25m pool): 02:14.48 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.34	01:05.88	01:42.44	02:19.96	
	00:31.34	00:34.54	00:36.56	00:37.52	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 09:50
Heat: 8/11 Lane : 7 Athlete: UYTTERHOEVEN FLO					Q-time: 02:21:15
PB (50m pool): 02:21.15 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:20.11 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.24	01:08.75	01:45.11	02:21.15	
	00:32.24	00:36.51	00:36.36	00:36.04	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 09:55
Heat: 9/11 Lane : 2 Athlete: CAES OONE					Q-time: 02:17:55
PB (50m pool): 02:20.65 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 02:16.52 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	02:20.65	
	no time				
					

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+					Heat:7, starttime: 10:20
Heat: 7/8 Lane : 6 Athlete: DECALUWé HELENA					Q-time: 00:34:12
PB (50m pool): no time PB (25m pool): 00:34.12 SB: no time					
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:8, starttime: 10:20
Heat: 8/8 Lane : 6 Athlete: VERELST LAURA		Q-time: 00:32:34
PB (50m pool): no time PB (25m pool): 00:32.34 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:9, starttime: 10:30
Heat: 9/12 Lane : 8 Athlete: VAN GRUNDERBEECK BAS		Q-time: 00:29:46
PB (50m pool): 00:29.46 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.66 SB: no time		
	5 0 M	
PB	00:29.46	
	00:29.46	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:11, starttime: 10:30
Heat: 11/12 Lane : 0 Athlete: PELGRIMS LOWIE		Q-time: 00:28:51
PB (50m pool): 00:28.51 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.00 SB: no time		
	5 0 M	
PB	00:28.51	
	00:28.51	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:6, starttime: 10:40
Heat: 6/11 Lane : 4 Athlete: DECALUWé HELENA		Q-time: 00:31:15
PB (50m pool): 00:31.15 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.93 SB: no time		
	5 0 M	
PB	00:31.15	
	00:31.15	
		

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:7, starttime: 10:40
Heat: 7/11 Lane : 9 Athlete: UYTTERHOEVEN FLO		Q-time: 00:31:02
PB (50m pool): 00:31.02 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.98 SB: no time		
	5 0 M	
PB	00:31.02	
	00:31.02	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:8, starttime: 10:40
Heat: 8/11 Lane : 5 Athlete: VELDHUIS VICTORIA		Q-time: 00:30:14
PB (50m pool): 00:29.81 Antwerpen 28/07/2024 PB (25m pool): 00:29.02 SB: no time		
	5 0 M	
PB	00:29.81	
	00:29.81	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:9, starttime: 10:40
Heat: 9/11 Lane : 1 Athlete: THIJS MAAIKE		Q-time: 00:29:95
PB (50m pool): 00:29.95 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.60 SB: no time		
	5 0 M	
PB	00:29.95	
	00:29.95	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:9, starttime: 10:40
Heat: 9/11 Lane : 8 Athlete: VERELST LAURA		Q-time: 00:30:04
PB (50m pool): 00:30.04 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.50 SB: no time		
	5 0 M	
PB	00:30.04	
	00:30.04	
		

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 17+			Heat:4, starttime: 11:15
Heat: 4/6 Lane : 2 Athlete: PELGRIMS LOWIE			Q-time: 00:59:35
PB (50m pool): 00:59.35 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:57.19 SB: no time			
	5 0 M	1 0 0 M	
PB	00:28.20	00:59.35	
	00:28.20	00:31.15	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:4, starttime: 11:15
Heat: 4/6 Lane : 5 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:58:78
PB (50m pool): 00:58.78 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:55.72 SB: no time			
	5 0 M	1 0 0 M	
PB	00:28.41	00:58.78	
	00:28.41	00:30.37	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:5, starttime: 11:15
Heat: 5/6 Lane : 2 Athlete: DECALUWé GEORGES			Q-time: 00:57:77
PB (50m pool): 00:57.77 Antwerpen 27/07/2025 PB (25m pool): 00:56.39 SB: no time			
	5 0 M	1 0 0 M	
PB	00:28.01	00:57.77	
	00:28.01	00:29.76	
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:6, starttime: 11:15
Heat: 6/6 Lane : 9 Athlete: GEENS DRé			Q-time: 00:56:64
PB (50m pool): 00:56.64 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:55.57 SB: no time			
	5 0 M	1 0 0 M	
PB	00:26.85	00:56.64	
	00:26.85	00:29.79	
			

Coach feedback:

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Event number: 25: 100M BREASTSTROKE WOMEN 17+				Heat:3, starttime: 11:20
Heat: 3/3 Lane : 3 Athlete: CAES OONE				Q-time: 01:16:36
PB (50m pool): 01:15.98 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:11.90 SB: no time				
	5 0 M	1 0 0 M		
PB	no time	01:15.98		
	no time			
				

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:6, starttime: 12:15
Heat: 6/7 Lane : 9 Athlete: DECALUWé HELENA					Q-time: 02:43:63
PB (50m pool): 02:43.63 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:40.89 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.04	01:20.44	02:03.17	02:43.63	
	00:39.04	00:41.40	00:42.73	00:40.46	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:7, starttime: 12:20
Heat: 7/7 Lane : 8 Athlete: BOHMER JANNE					Q-time: 02:37:06
PB (50m pool): 02:37.06 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:30.70 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.80	01:17.56	01:58.31	02:37.06	
	00:37.80	00:39.76	00:40.75	00:38.75	
					

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+				Heat:3, starttime: 12:25
Heat: 3/4 Lane : 1 Athlete: GEENS DRé				Q-time: 01:07:58
PB (50m pool): 01:07.58 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:05.33 SB: no time				
	5 0 M	1 0 0 M		
PB	00:32.67	01:07.58		
	00:32.67	00:34.91		
				

Coach feedback:

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Event number: 28: 100M BACKSTROKE MEN 17+			Heat:3, starttime: 12:25
Heat: 3/4 Lane : 6 Athlete: DECALUWé GEORGES			Q-time: 01:05:77
PB (50m pool): 01:05.77 Antwerpen 27/07/2025			PB (25m pool): 01:02.54 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.44	01:05.77	
	00:31.44	00:34.33	
			

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+			Heat:3, starttime: 12:25
Heat: 3/4 Lane : 8 Athlete: VAN GRUNDERBEECK BAS			Q-time: 01:08:03
PB (50m pool): 01:08.03 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:05.61 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.15	01:08.03	
	00:33.15	00:34.88	
			

Coach feedback: