

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

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

Coaches: Kindt Maarten

Coaches: Kindt Joachim HEADCOACH

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 : 8 Athlete: WOJCIULA TYMON							Q-time: 04:59:42	
PB (50m pool): 04:59.42 Antwerp 26/01/2025							PB (25m pool): 04:57.66 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	00:32.04	01:09.54	01:49.15	02:28.30	03:07.58	03:47.41	04:26.17	04:59.42
	00:32.04	00:37.50	00:39.61	00:39.15	00:39.28	00:39.83	00:38.76	00:33.25
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 09:40
Heat: 5/11 Lane : 7 Athlete: DE TROYER ELISE				Q-time: 02:31:21	
PB (50m pool): 02:27.18 Antwerpen 16/07/2023			PB (25m pool): 02:21.20 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	02:27.18	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 09:45
Heat: 7/11 Lane : 6 Athlete: BAYENS NINA				Q-time: 02:24:11	
PB (50m pool): 02:24.11 Antwerp 26/01/2025			PB (25m pool): 02:19.54 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.00	01:09.56	01:47.91	02:24.11	
	00:33.00	00:36.56	00:38.35	00:36.20	
					

Coach feedback:

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

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 10:05
Heat: 5/9 Lane : 8 Athlete: WALTNIEL BAVO		Q-time: 00:38:63
PB (50m pool): 00:38.63 Antwerpen 20/04/2025 PB (25m pool): 00:36.05 SB: no time		
	5 0 M	
PB	00:38.63	
	00:38.63	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:8, starttime: 10:10
Heat: 8/9 Lane : 1 Athlete: WALTNIEL NAND		Q-time: 00:34:44
PB (50m pool): 00:34.44 Aalst 11/05/2025 PB (25m pool): 00:33.49 SB: no time		
	5 0 M	
PB	00:34.44	
	00:34.44	
		

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+		Heat:8, starttime: 10:10
Heat: 8/9 Lane : 4 Athlete: DEKYVERE MATHIAS		Q-time: 00:33:47
PB (50m pool): 00:33.47 La Louvière 25/05/2025 PB (25m pool): 00:32.88 SB: no time		
	5 0 M	
PB	00:33.47	
	00:33.47	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 10:15
Heat: 4/8 Lane : 0 Athlete: OSSELAER GEIKE		Q-time: 00:38:97
PB (50m pool): 00:51.54 Aalst 15/05/2022 PB (25m pool): 00:35.20 SB: no time		
	5 0 M	
PB	00:51.54	
	00:51.54	
		

Coach feedback:

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

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:6, starttime: 10:20
Heat: 6/8 Lane : 3 Athlete: DE SMET LILY		Q-time: 00:34:71
PB (50m pool): 00:36.60 Zwembad Brigitte Becue Oostend 10/05/2025 PB (25m pool): 00:34.71 SB: no time		
	5 0 M	
PB	00:36.60	
	00:36.60	
		

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+		Heat:7, starttime: 10:20
Heat: 7/8 Lane : 2 Athlete: RUYSSINCK DIEDE		Q-time: 00:34:19
PB (50m pool): no time PB (25m pool): 00:34.19 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 : 4 Athlete: CATRY GAETAN		Q-time: 00:29:37
PB (50m pool): 00:29.37 Antwerpen 13/07/2025 PB (25m pool): 00:29.83 SB: no time		
	5 0 M	
PB	00:29.37	
	00:29.37	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:10, starttime: 10:30
Heat: 10/12 Lane : 7 Athlete: CAUDRON XIBE		Q-time: 00:28:97
PB (50m pool): 00:30.30 Aalst 28/04/2024 PB (25m pool): 00:28.97 SB: no time		
	5 0 M	
PB	00:30.30	
	00:30.30	
		

Coach feedback:

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

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:7, starttime: 10:40	
Heat: 7/11 Lane : 3 Athlete: DE TROYER ELISE				Q-time: 00:30:62	
PB (50m pool): 00:30.24 LOCHRISTI 25/01/2026				PB (25m pool): 00:29.87 SB: 00:30.24 LOCHRISTI 25/01/2026	
	5 0 M				
PB	00:30.24				
	00:30.24				
					

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:8, starttime: 10:40	
Heat: 8/11 Lane : 7 Athlete: BAYENS NINA				Q-time: 00:30:39	
PB (50m pool): 00:30.39 Antwerpen 20/04/2025				PB (25m pool): 00:29.37 SB: no time	
	5 0 M				
PB	00:30.39				
	00:30.39				
					

Coach feedback:

Event number: 23: 200M MEDLEY WOMEN 15+					Heat:4, starttime: 11:05	
Heat: 4/5 Lane : 8 Athlete: RUYSSINCK DIEDE					Q-time: 02:43:26	
PB (50m pool): 02:43.26 Antwerpen 27/07/2025					PB (25m pool): 02:34.78 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:33.13	01:17.59	02:04.09	02:43.26		
	00:33.13	00:44.46	00:46.50	00:39.17		
						

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+				Heat:5, starttime: 11:15	
Heat: 5/6 Lane : 7 Athlete: CATRY GAETAN				Q-time: 00:57:79	
PB (50m pool): 00:57.79 Aalst 20/12/2025				PB (25m pool): 00:56.40 SB: 00:57.79 Aalst 20/12/2025	
	5 0 M	1 0 0 M			
PB	00:27.40	00:57.79			
	00:27.40	00:30.39			
					

Coach feedback:

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

Event number: 24: 100M FREESTYLE MEN 17+				Heat:6, starttime: 11:15	
Heat: 6/6 Lane : 8 Athlete: CAUDRON XIBE				Q-time: 00:56:29	
PB (50m pool): 00:56.29 Aalst 20/12/2025				PB (25m pool): 00:54.90 SB: 00:56.29 Aalst 20/12/2025	
	5 0 M	1 0 0 M			
PB	00:26.86	00:56.29			
	00:26.86	00:29.43			
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:6, starttime: 11:45	
Heat: 6/8 Lane : 2 Athlete: WALTNIEL NAND					Q-time: 02:53:99	
PB (50m pool): 02:53.99 Antwerpen 13/07/2025					PB (25m pool): 02:46.09 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:37.38	01:22.32	02:08.44	02:53.99		
	00:37.38	00:44.94	00:46.12	00:45.55		
						

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:6, starttime: 11:45	
Heat: 6/8 Lane : 9 Athlete: WALTNIEL BAVO					Q-time: 03:00:39	
PB (50m pool): 03:00.39 Aalst 20/12/2025					PB (25m pool): 02:54.51 SB: 03:00.39 Aalst 20/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:40.98	01:27.31	02:14.26	03:00.39		
	00:40.98	00:46.33	00:46.95	00:46.13		
						

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:7, starttime: 11:50	
Heat: 7/8 Lane : 2 Athlete: DEKYVERE MATHIAS					Q-time: 02:47:91	
PB (50m pool): 02:47.91 Aalst 20/12/2025					PB (25m pool): 02:40.68 SB: 02:47.91 Aalst 20/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.74	01:20.34	02:05.03	02:47.91		
	00:36.74	00:43.60	00:44.69	00:42.88		
						

Coach feedback:

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

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 12:10
Heat: 4/7 Lane : 5 Athlete: DE SMET LILY					Q-time: 02:52:15
PB (50m pool): 02:52.15 Aalst 28/06/2025					PB (25m pool): 02:45.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.41	01:23.26	02:08.13	02:52.15	
	00:39.41	00:43.85	00:44.87	00:44.02	
					

Coach feedback:

Event number: 27: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 12:10
Heat: 5/7 Lane : 2 Athlete: OSSELAER GEIKE					Q-time: 02:46:50
PB (50m pool): no time					PB (25m pool): 02:46.50 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: