

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

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

Coaches: Van Schoor Els HEADCOACH

Coaches: Delissen Kim

PB => Personal Best time

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

Event number: 16: 400M FREESTYLE MEN 15+ Heat:1, starttime: 09:00

Heat: 1/5 Lane : 4 Athlete: COGURCU ARDA Q-time: 99:99:99

PB (50m pool): no time		PB (25m pool): no time 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	no time
	no time							
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+ Heat:1, starttime: 09:30

Heat: 1/11 Lane : 3 Athlete: VANDE SOMPELE HASSE Q-time: 99:99:99

PB (50m pool): no time		PB (25m pool): 03:02.58 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: 17: 200M FREESTYLE WOMEN 13+ Heat:3, starttime: 09:35

Heat: 3/11 Lane : 3 Athlete: NULENS LILI Q-time: 02:41:24

PB (50m pool): 02:41.24 Antwerpen 13/07/2025		PB (25m pool): 02:44.63 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:36.46	01:17.97	02:00.72	02:41.24
	00:36.46	00:41.51	00:42.75	00:40.52
				

Coach feedback:

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Event number: 19: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 10:10
Heat: 1/8 Lane : 2 Athlete: NAGHIU MATIS IZOLDA			Q-time: 99:99:99
PB (50m pool): 00:45.95 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:39.73 SB: no time			
	5 0 M		
PB	00:45.95		
	00:45.95		
			

Coach feedback:

Event number: 19: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 10:15
Heat: 3/8 Lane : 8 Athlete: VAN DEN BOSSCHE LIA			Q-time: 00:41:38
PB (50m pool): 00:41.38 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:39.29 SB: no time			
	5 0 M		
PB	00:41.38		
	00:41.38		
			

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+			Heat:1, starttime: 10:20
Heat: 1/12 Lane : 0 Athlete: FONTANA ALESSANDRO MARIA NIC			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+			Heat:1, starttime: 10:20
Heat: 1/12 Lane : 6 Athlete: VERDONCK STIJN			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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:6, starttime: 10:25
Heat: 6/12 Lane : 9 Athlete: BETTENS LUCAS		Q-time: 00:32:99
PB (50m pool): 00:32.99 Wezenberg 05/01/2025 PB (25m pool): 00:31.72 SB: no time		
	5 0 M	
PB	00:32.99	
	00:32.99	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:7, starttime: 10:30
Heat: 7/12 Lane : 3 Athlete: NAEGELS REZA		Q-time: 00:31:09
PB (50m pool): 00:31.09 Wezenberg 05/01/2025 PB (25m pool): 00:30.38 SB: no time		
	5 0 M	
PB	00:31.09	
	00:31.09	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:8, starttime: 10:30
Heat: 8/12 Lane : 8 Athlete: MESTARI ABDERRAHMANE		Q-time: 00:30:65
PB (50m pool): 00:30.65 Antwerpen 20/04/2025 PB (25m pool): 00:30.05 SB: no time		
	5 0 M	
PB	00:30.65	
	00:30.65	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:9, starttime: 10:30
Heat: 9/12 Lane : 1 Athlete: VERDONCK MARIUS		Q-time: 00:29:46
PB (50m pool): 00:29.46 Wezenberg Topsportbad, Antwerp 18/02/2025 PB (25m pool): 00:29.14 SB: no time		
	5 0 M	
PB	00:29.46	
	00:29.46	
		

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+				Heat:11, starttime: 10:30
Heat: 11/12 Lane : 9 Athlete: EL HADDOUCHI HAROUN				Q-time: 00:28:54
PB (50m pool): 00:28.54 Antwerpen 27/07/2025 PB (25m pool): 00:29.44 SB: no time				
	5 0 M			
PB	00:28.54			
	00:28.54			
				

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:1, starttime: 10:35
Heat: 1/11 Lane : 6 Athlete: VANDE SOMPELE JITS				Q-time: 99:99:99
PB (50m pool): 00:35.79 Antwerpen 16/04/2023 PB (25m pool): 00:31.32 SB: no time				
	5 0 M			
PB	00:35.79			
	00:35.79			
				

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+				Heat:6, starttime: 10:40
Heat: 6/11 Lane : 8 Athlete: DE SCHEPPER LARA				Q-time: 00:31:57
PB (50m pool): 00:31.57 Olympic Pool Wezenberg, Antwer 30/07/2023 PB (25m pool): 00:32.97 SB: no time				
	5 0 M			
PB	00:31.57			
	00:31.57			
				

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 10:50
Heat: 2/2 Lane : 4 Athlete: HOROVYI MYKYTA					Q-time: 02:11:94
PB (50m pool): 02:11.94 Antwerp 09/02/2025 PB (25m pool): 02:13.71 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.02	01:03.05	01:37.44	02:11.94	
	00:29.02	00:34.03	00:34.39	00:34.50	
					

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 17+				Heat:3, starttime: 11:10	
Heat: 3/6 Lane : 0 Athlete: EL HADDOUCHI HAROUN				Q-time: 01:01:99	
PB (50m pool): 01:01.99 Antwerpen 13/07/2025				PB (25m pool): 00:59.92 SB: no time	
	5 0 M	1 0 0 M			
PB	00:29.56	01:01.99			
	00:29.56	00:32.43			
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+				Heat:3, starttime: 11:10	
Heat: 3/6 Lane : 1 Athlete: VERDONCK MARIUS				Q-time: 01:01:51	
PB (50m pool): 01:01.51 Olympic Pool Wezenberg, Antwer 30/07/2025				PB (25m pool): 00:59.02 SB: no time	
	5 0 M	1 0 0 M			
PB	00:29.20	01:01.51			
	00:29.20	00:32.31			
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 11:30	
Heat: 2/8 Lane : 4 Athlete: FONTANA ALESSANDRO MARIA NIC					Q-time: 99:99:99	
PB (50m pool): no time					PB (25m pool): no time 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:2, starttime: 11:30	
Heat: 2/8 Lane : 7 Athlete: TSYBULNIAK KYRYL					Q-time: 99:99:99	
PB (50m pool): no time					PB (25m pool): no time 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:

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Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 11:40
Heat: 4/8 Lane : 6 Athlete: BETTENS STAN					Q-time: 03:20:38
PB (50m pool): 03:20.38 Antwerpen 13/07/2025					PB (25m pool): 03:08.59 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.09	01:38.34	02:31.05	03:20.38	
	00:46.09	00:52.25	00:52.71	00:49.33	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:6, starttime: 11:45
Heat: 6/8 Lane : 4 Athlete: BETTENS LUCAS					Q-time: 02:49:84
PB (50m pool): 02:49.84 Antwerpen 20/04/2025					PB (25m pool): 02:45.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.41	01:22.12	02:06.47	02:49.84	
	00:38.41	00:43.71	00:44.35	00:43.37	
					

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:7, starttime: 11:50
Heat: 7/8 Lane : 3 Athlete: LADEWIG SETH					Q-time: 02:47:21
PB (50m pool): 02:47.21 Antwerpen 20/04/2025					PB (25m pool): 02:41.92 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.09	01:19.36	02:04.10	02:47.21	
	00:36.09	00:43.27	00:44.74	00:43.11	
					

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+			Heat:1, starttime: 12:20		
Heat: 1/4 Lane : 5 Athlete: MESTARI ABDERRAHMANE			Q-time: 01:15:54		
PB (50m pool): 01:15.54 Mol 22/06/2025			PB (25m pool): 01:08.25 SB: no time		
	5 0 M	1 0 0 M			
PB	00:36.22	01:15.54			
	00:36.22	00:39.32			
					

Coach feedback:

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Event number: 28: 100M BACKSTROKE MEN 17+			Heat:2, starttime: 12:25
Heat: 2/4 Lane : 6 Athlete: VERDONCK MARIUS			Q-time: 01:10:58
PB (50m pool): 01:10.58 Antwerpen 13/07/2025 PB (25m pool): 01:07.04 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.18	01:10.58	
	00:33.18	00:37.40	
			

Coach feedback: