

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

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

Coaches: Van Eylen Thomas HEADCOACH

Coaches: Eugene Astrid

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 : 2 Athlete: KUKULSKIS DANIEL							Q-time: 05:11:20	
PB (50m pool): 05:11.20 Woluwe-Saint-Pierre 25/05/2025 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	01:13.55	no time	02:35.30	no time	03:56.13	no time	05:11.20
	no time							
								

Coach feedback:

Event number: 16: 400M FREESTYLE MEN 15+							Heat:2, starttime: 09:05	
Heat: 2/5 Lane : 7 Athlete: HEBBELINCK RUBEN							Q-time: 05:15:88	
PB (50m pool): 05:15.88 Woluwe-Saint-Pierre 25/05/2025 PB (25m pool): 05:29.68 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	01:14.38	no time	02:36.77	no time	03:57.86	no time	05:15.88
	no time							
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 09:30			
Heat: 1/11 Lane : 4 Athlete: BOXHO ALICE					Q-time: 99:99:99			
PB (50m pool): 03:00.73 Sint-Jans-Molenbeek 19/02/2023 PB (25m pool): 02:52.12 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	03:00.73				
	no time							
								

Coach feedback:

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Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 09:45
Heat: 7/11 Lane : 7 Athlete: GAYTANT MIRTHE					Q-time: 02:24:89
PB (50m pool): 02:24.89 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 02:24.53 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.50	01:08.56	01:47.18	02:24.89	
	00:32.50	00:36.06	00:38.62	00:37.71	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 09:45
Heat: 7/11 Lane : 8 Athlete: BOXHO VALENTINE					Q-time: 02:25:65
PB (50m pool): 02:25.65 Aalst 28/06/2025 PB (25m pool): 02:23.08 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.92	01:10.69	01:48.81	02:25.65	
	00:33.92	00:36.77	00:38.12	00:36.84	
					

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+					Heat:11, starttime: 10:00
Heat: 11/11 Lane : 8 Athlete: GAYTANT STERRE					Q-time: 02:12:60
PB (50m pool): 02:12.60 Antwerpen 20/07/2025 PB (25m pool): 02:11.23 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.40	01:04.46	01:39.05	02:12.60	
	00:30.40	00:34.06	00:34.59	00:33.55	
					

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+					Heat:11, starttime: 10:30
Heat: 11/12 Lane : 5 Athlete: EUGENE FELIX					Q-time: 00:28:04
PB (50m pool): 00:28.04 Antwerpen 27/07/2025 PB (25m pool): 00:28.36 SB: 00:28.24 Wezenberg 03/01/2026					
	5 0 M				
PB	00:28.04				
	00:28.04				
					

Coach feedback:

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Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:9, starttime: 10:40
Heat: 9/11 Lane : 0 Athlete: BOXHO ALICE		Q-time: 00:30:07
PB (50m pool): 00:30.07 Aalst 28/06/2025 PB (25m pool): 00:29.54 SB: no time		
	5 0 M	
PB	00:30.07	
	00:30.07	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:9, starttime: 10:40
Heat: 9/11 Lane : 6 Athlete: DE CORTE ALIX		Q-time: 00:29:64
PB (50m pool): 00:29.64 Eindhoven 16/03/2025 PB (25m pool): 00:29.00 SB: no time		
	5 0 M	
PB	00:29.64	
	00:29.64	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:9, starttime: 10:40
Heat: 9/11 Lane : 9 Athlete: BOXHO VALENTINE		Q-time: 00:30:07
PB (50m pool): 00:30.07 Wezenberg 03/01/2026 PB (25m pool): 00:29.78 SB: 00:30.07 Wezenberg 03/01/2026		
	5 0 M	
PB	00:30.07	
	00:30.07	
		

Coach feedback:

Event number: 21: 50M FREESTYLE WOMEN 13+		Heat:11, starttime: 10:45
Heat: 11/11 Lane : 2 Athlete: GAYTANT STERRE		Q-time: 00:27:34
PB (50m pool): 00:27.34 Eindhoven 16/03/2025 PB (25m pool): 00:26.25 SB: no time		
	5 0 M	
PB	00:27.34	
	00:27.34	
		

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 17+				Heat:4, starttime: 11:15
Heat: 4/6 Lane : 3 Athlete: EUGENE FELIX				Q-time: 00:58:86
PB (50m pool): 00:58.86 Antwerpen 13/07/2025				PB (25m pool): 00:56.02 SB: no time
	5 0 M	1 0 0 M		
PB	00:28.06	00:58.86		
	00:28.06	00:30.80		
				

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 17+				Heat:3, starttime: 11:20
Heat: 3/3 Lane : 0 Athlete: GAYTANT MIRTHE				Q-time: 01:24:73
PB (50m pool): 01:24.73 Antwerpen 13/07/2025				PB (25m pool): 01:19.98 SB: no time
	5 0 M	1 0 0 M		
PB	00:39.93	01:24.73		
	00:39.93	00:44.80		
				

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 17+				Heat:3, starttime: 11:20
Heat: 3/3 Lane : 8 Athlete: DE CORTE ALIX				Q-time: 01:23:20
PB (50m pool): 01:23.20 La Louvière 25/05/2025				PB (25m pool): 01:21.79 SB: no time
	5 0 M	1 0 0 M		
PB	00:38.58	01:23.20		
	00:38.58	00:44.62		
				

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:7, starttime: 11:50
Heat: 7/8 Lane : 8 Athlete: KUKULSKIS DANIEL					Q-time: 02:48:93
PB (50m pool): 02:48.93 Antwerpen 13/07/2025					PB (25m pool): 02:43.26 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.96	01:19.39	02:04.11	02:48.93	
	00:36.96	00:42.43	00:44.72	00:44.82	
					

Coach feedback:

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Event number: 28: 100M BACKSTROKE MEN 17+			Heat:1, starttime: 12:20
Heat: 1/4 Lane : 4 Athlete: HEBBELINCK RUBEN			Q-time: 01:15:49
PB (50m pool): 01:15.49 Antwerpen 13/07/2025			PB (25m pool): 01:13.65 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.45	01:15.49	
	00:36.45	00:39.04	
			

Coach feedback: