

MEGA swim 26: Session: 4: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 13:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:4, starttime: 14:50	
Heat: 4/5 Lane : 9 Athlete: VERSPECHT LIZANNE							Q-time: 05:01:87	
PB (50m pool): 04:58.24 Antwerpen 28/07/2024				PB (25m pool): 04:46.25SB: 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	04:58.24
	no time							
								

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+							Heat:6, starttime: 15:50	
Heat: 6/7 Lane : 6 Athlete: PEERSMAN NIEL							Q-time: 00:31:53	
PB (50m pool): 00:31.53 Aalst 11/05/2025							PB (25m pool): 00:30.43 SB: no time	
	5 0 M							
PB	00:31.53							
	00:31.53							
								

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+										Heat:7, starttime: 15:55	
Heat: 7/7 Lane : 8 Athlete: ROBBERECHTS ROBBE										Q-time: 00:29:87	
PB (50m pool): 00:29.87 Aalst 11/05/2025					PB (25m pool): 00:29.86 SB: no time						
	5 0 M										
PB	00:29.87										
	00:29.87										
											

Coach feedback:

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Event number: 33: 50M BACKSTROKE MEN 13+						Heat:7, starttime: 15:55	
Heat: 7/7 Lane : 9 Athlete: DE MAESSCHALCK YARNE						Q-time: 00:30:60	
PB (50m pool): 00:30.60 Antwerpen 13/07/2025						PB (25m pool): 00:29.92 SB: 00:31.40 Wezenberg 03/01/2026	
	5 0 M						
PB	00:30.60						
	00:30.60						
							

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+							Heat:8, starttime: 16:00		
Heat: 8/14 Lane : 9 Athlete: VERSPECHT LIZANNE							Q-time: 00:35:35		
PB (50m pool): 00:34.56 Wezenberg Antwerpen 07/01/2024							PB (25m pool): 00:33.33 SB: 00:36.68 Wezenberg 03/01/2026		
	5 0 M								
PB	00:34.56								
	00:34.56								
									

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+				Heat:9, starttime: 16:05	
Heat: 9/14 Lane : 0 Athlete: VAN ROY ONAH				Q-time: 00:34:06	
PB (50m pool): 00:34.06 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.07 SB: no time					
	5 0 M				
PB	00:34.06				
	00:34.06				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+										Heat:12, starttime: 16:05																			
Heat: 12/14 Lane : 4 Athlete: VAN ROY YANA																				Q-time: 00:31:93									
PB (50m pool): 00:31.93 Antwerpen 13/07/2025										PB (25m pool): 00:31.85 SB: 00:32.49 Wezenberg 03/01/2026																			
	5 0 M																												
PB	00:31.93																												
	00:31.93																												
																													

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:15
Heat: 8/12 Lane : 4 Athlete: CORNELISSEN LARS			Q-time: 00:27:86
PB (50m pool): 00:27.86 Olympic Pool Wezenberg, Antwer 30/07/25 PB (25m pool): 00:26.50 SB: no time			
	5 0 M		
PB	00:27.86		
	00:27.86		
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:15
Heat: 8/12 Lane : 7 Athlete: PEERSMAN NIEL			Q-time: 00:28:04
PB (50m pool): 00:28.04 Olympic Pool Wezenberg, Antwer 30/07/25 PB (25m pool): 00:27.25 SB: no time			
	5 0 M		
PB	00:28.04		
	00:28.04		
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:12, starttime: 16:20
Heat: 12/12 Lane : 9 Athlete: ROBBERECHTS ROBBE			Q-time: 00:26:11
PB (50m pool): 00:26.11 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:25.35 SB: no time			
	5 0 M		
PB	00:26.11		
	00:26.11		
			

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:2, starttime: 16:45
Heat: 2/4 Lane : 3 Athlete: VAN ROY YANA			Q-time: 01:06:69
PB (50m pool): 01:06.69 Antwerpen 13/07/2025 PB (25m pool): 01:04.79 SB: 01:07.43 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M	
PB	00:31.23	01:06.69	
	00:31.23	00:35.46	
			

Coach feedback:

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Event number: 39: 100M BREASTSTROKE MEN 17+			Heat:3, starttime: 16:55
Heat: 3/3 Lane : 1 Athlete: CORNELISSEN LARS			Q-time: 01:14:41
PB (50m pool): 01:13.00 Olympic Pool Wezenberg, Antwer 24/03/2026 PB (25m pool): 01:08.54 SB: 01:14.41 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:13.00	
	no time		
			

Coach feedback:

Event number: 43: 100M BUTTERFLY MEN 17+			Heat:3, starttime: 18:00
Heat: 3/3 Lane : 1 Athlete: DE MAESSCHALCK YARNE			Q-time: 01:03:67
PB (50m pool): 01:03.67 Wezenberg 03/01/2026 PB (25m pool): 01:01.48 SB: 01:03.67 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M	
PB	00:29.25	01:03.67	
	00:29.25	00:34.42	
			

Coach feedback: