

MEGA swim 26: Session: 4: COACH evaluation sheet for TEAM: AZL

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

Coaches: Bijloos Annie

Coaches: De Smedt Leny HEADCOACH

Coaches: Schepers Jérôme

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:5, starttime: 14:55	
Heat: 5/5 Lane : 8 Athlete: VAN DEN BREMT SARAH							Q-time: 04:44:74	
PB (50m pool): 04:47.86 Antwerpen 27/07/2025				PB (25m pool): 04:44.74 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	00:32.38	01:07.63	01:44.11	02:20.92	02:58.52	03:35.88	04:13.25	04:47.86
	00:32.38	00:35.25	00:36.48	00:36.81	00:37.60	00:37.36	00:37.37	00:34.61
								

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:3, starttime: 15:05
Heat: 3/12 Lane : 5 Athlete: BOEL ELIAS					Q-time: 02:35:98
PB (50m pool): 02:40.70 Antwerpen 13/07/2025			PB (25m pool): 02:35.98 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.50	01:18.62	02:00.85	02:40.70	
	00:37.50	00:41.12	00:42.23	00:39.85	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:10, starttime: 15:25	
Heat: 10/12 Lane : 8 Athlete: VAN DEN BREMT MATHIAS					Q-time: 02:08:40	
PB (50m pool): 02:14.59 Antwerpen 20/07/2025			PB (25m pool): 02:08.40SB: 02:16.61 Charleroi 11/01/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.29	01:05.62	01:40.58	02:14.59		
	00:31.29	00:34.33	00:34.96	00:34.01		
						

Coach feedback:

MEGA swim 26: Session: 4: COACH evaluation sheet for TEAM: AZL

Event number: 33: 50M BACKSTROKE MEN 13+				Heat:4, starttime: 15:50	
Heat: 4/7 Lane : 6 Athlete: POPPE WARRE				Q-time: 00:35:40	
PB (50m pool): no time				PB (25m pool): 00:35.40 SB: no time	
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+							Heat:7, starttime: 16:00	
Heat: 7/14 Lane : 2 Athlete: VANDER MIJNSBRUGGE LORE							Q-time: 00:36:20	
PB (50m pool): 00:41.37 Antwerp 04/02/2024							PB (25m pool): 00:36.20 SB: no time	
	5 0 M							
PB	00:41.37							
	00:41.37							
								

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+										Heat:10, starttime: 16:05																													
Heat: 10/14																				Lane : 8					Athlete: VAN DE WINKEL LOLA										Q-time: 00:33:31				
PB (50m pool): 00:39.91										Aalst 30/04/2023					PB (25m pool): 00:33.31										SB: no time														
		5 0 M																																					
PB		00:39.91																																					
		00:39.91																																					
																																							

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+				Heat:3, starttime: 16:30	
Heat: 3/6 Lane : 0 Athlete: MAES JORDY				Q-time: 02:45:45	
PB (50m pool): 02:48.49 Antwerp 09/02/2025				PB (25m pool): 02:45.45 SB: 02:52.12 Charleroi 11/01/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.57	01:15.28	02:09.90	02:48.49	
	00:34.57	00:40.71	00:54.62	00:38.59	
					

Coach feedback:

MEGA swim 26: Session: 4: COACH evaluation sheet for TEAM: AZL

Event number: 37: 200M MEDLEY MEN 15+					Heat:4, starttime: 16:35
Heat: 4/6 Lane : 2 Athlete: VERHULST MEINDERT					Q-time: 02:35:57
PB (50m pool): 02:33.27 Charleroi 11/01/2026					PB (25m pool): 02:36.94 SB: 02:33.27 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.21	01:14.17	01:57.20	02:33.27	
	00:33.21	00:40.96	00:43.03	00:36.07	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:5, starttime: 16:40
Heat: 5/6 Lane : 6 Athlete: VAN DEN BREMT MATHIAS					Q-time: 02:28:48
PB (50m pool): 02:35.04 Antwerpen 20/07/2025					PB (25m pool): 02:28.48 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.06	01:13.54	02:00.21	02:35.04	
	00:34.06	00:39.48	00:46.67	00:34.83	
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 17:15
Heat: 6/7 Lane : 0 Athlete: VAN DE WINKEL LOLA					Q-time: 03:02:65
PB (50m pool): 03:02.65 Aalst 28/06/2025					PB (25m pool): 03:00.71 SB: 03:06.78 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.90	01:28.77	02:16.20	03:02.65	
	00:41.90	00:46.87	00:47.43	00:46.45	
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 17:15
Heat: 6/7 Lane : 3 Athlete: VAN DEN BREMT SARAH					Q-time: 02:57:70
PB (50m pool): 03:02.33 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:57.70 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.98	01:29.70	02:16.31	03:02.33	
	00:42.98	00:46.72	00:46.61	00:46.02	
					

Coach feedback:

MEGA swim 26: Session: 4: COACH evaluation sheet for TEAM: AZL

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:6, starttime: 17:45
Heat: 6/7 Lane : 9 Athlete: MAES JORDY					Q-time: 02:36:11
PB (50m pool): 02:42.77 Antwerpen 16/07/2023					PB (25m pool): 02:36.11 SB: 02:43.22 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:42.77	
	no time				
					

Coach feedback: