

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

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

Coaches: Claes Steven

Coaches: Mackens Vicky HEADCOACH

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE WOMEN 15+ Heat:3, starttime: 14:40

Heat: 3/5 Lane : 1 Athlete: FRANCKX MARGAUX Q-time: 05:12:04

PB (50m pool): 05:35.63 Antwerpen 14/07/2024 PB (25m pool): 05:12.04 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	05:35.63
	no time							
								

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+ Heat:3, starttime: 15:05

Heat: 3/12 Lane : 0 Athlete: CLAES TIEBE Q-time: 02:44:66

PB (50m pool): 02:51.43 Antwerpen 13/07/2025 PB (25m pool): 02:44.66 SB: 02:55.34 Charleroi 11/01/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.89	01:24.37	02:10.36	02:51.43	
	00:39.89	00:44.48	00:45.99	00:41.07	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+ Heat:4, starttime: 15:10

Heat: 4/12 Lane : 6 Athlete: VERHASSELT LARS Q-time: 02:30:69

PB (50m pool): 02:34.82 Antwerpen 13/07/2025 PB (25m pool): 02:30.69 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.99	01:15.83	01:55.88	02:34.82	
	00:35.99	00:39.84	00:40.05	00:38.94	
					

Coach feedback:

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

Event number: 31: 200M FREESTYLE MEN 13+					Heat:5, starttime: 15:15
Heat: 5/12 Lane : 5 Athlete: CLAES ELIAN					Q-time: 02:23:86
PB (50m pool): 02:31.97 Antwerpen 13/07/2025					PB (25m pool): 02:25.59 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.02	01:13.85	01:53.29	02:31.97	
	00:35.02	00:38.83	00:39.44	00:38.68	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:6, starttime: 15:15
Heat: 6/12 Lane : 0 Athlete: JACQUEMYNS KOBE					Q-time: 02:22:56
PB (50m pool): 02:31.47 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:22.56 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.09	01:14.71	01:54.69	02:31.47	
	00:35.09	00:39.62	00:39.98	00:36.78	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:7, starttime: 15:20
Heat: 7/12 Lane : 3 Athlete: TRONCKOE KOBE					Q-time: 02:16:33
PB (50m pool): 02:23.65 Charleroi 11/01/2026					PB (25m pool): 02:16.33 SB: 02:23.65 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	02:23.65	
	no time				
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:8, starttime: 15:20
Heat: 8/12 Lane : 3 Athlete: PUTTAERT ARTHUR					Q-time: 02:12:86
PB (50m pool): 02:17.92 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:12.86 SB: 02:20.13 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.82	01:07.54	01:43.45	02:17.92	
	00:31.82	00:35.72	00:35.91	00:34.47	
					

Coach feedback:

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

Event number: 32: 50M BREASTSTROKE WOMEN 13+							Heat:7, starttime: 15:40		
Heat: 7/9 Lane : 4 Athlete: NSUBUGA SOFIA							Q-time: 00:38:38		
PB (50m pool): 00:39.05 Seraing 25/01/2026							PB (25m pool): 00:37.68SB: 00:39.05 Seraing 25/01/2026		
	5 0 M								
PB	00:39.05								
	00:39.05								
									

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+										Heat:8, starttime: 15:45																			
Heat: 8/9 Lane : 7 Athlete: TRIOEN JOKE																				Q-time: 00:37:47									
PB (50m pool): 00:39.37 Seraing 25/01/2026										PB (25m pool): 00:37.19SB: 00:39.37 Seraing 25/01/2026																			
		5 0 M																											
PB		00:39.37																											
		00:39.37																											
																													

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+										Heat:9, starttime: 15:45																				
Heat: 9/9 Lane : 1 Athlete: VAN DER MEEREN LOTTE																				Q-time: 00:36:59										
PB (50m pool): 00:36.59 Wezenberg 03/01/2026										PB (25m pool): 00:35.77 SB: 00:36.59 Wezenberg 03/01/2026																				
	5 0 M																													
PB	00:36.59																													
	00:36.59																													
																														

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+				Heat:4, starttime: 15:50	
Heat: 4/7 Lane : 8 Athlete: DE MESMAEKER LOANN				Q-time: 00:36:72	
PB (50m pool): 00:45.35 Mol 23/06/2024				PB (25m pool): 00:36.72SB: no time	
	5 0 M				
PB	00:45.35				
	00:45.35				
					

Coach feedback:

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

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:2, starttime: 15:55
Heat: 2/14 Lane : 0 Athlete: DE WILDE HANNE		Q-time: 00:50:13
PB (50m pool): 00:50.13 Antwerp 02/02/2025 PB (25m pool): 00:52.07 SB: no time		
	5 0 M	
PB	00:50.13	
	00:50.13	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:6, starttime: 16:00
Heat: 6/14 Lane : 9 Athlete: TRONCKOE BENTE		Q-time: 00:37:72
PB (50m pool): 00:37.72 Wezenberg 04/01/2026 PB (25m pool): 00:44.74 SB: 00:37.72 Wezenberg 04/01/2026		
	5 0 M	
PB	00:37.72	
	00:37.72	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:9, starttime: 16:05
Heat: 9/14 Lane : 9 Athlete: WYFFELS LOUISE MARIE		Q-time: 00:34:20
PB (50m pool): 00:34.20 Wezenberg 04/01/2026 PB (25m pool): 00:34.19 SB: 00:34.20 Wezenberg 04/01/2026		
	5 0 M	
PB	00:34.20	
	00:34.20	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:11, starttime: 16:05
Heat: 11/14 Lane : 6 Athlete: VAN DER MEEREN LOTTE		Q-time: 00:32:50
PB (50m pool): 00:32.50 Wezenberg 03/01/2026 PB (25m pool): 00:31.11 SB: 00:32.50 Wezenberg 03/01/2026		
	5 0 M	
PB	00:32.50	
	00:32.50	
		

Coach feedback:

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

Event number: 34: 50M BUTTERFLY WOMEN 13+			Heat:12, starttime: 16:05
Heat: 12/14 Lane : 9 Athlete: FRANCKX MARGAUX			Q-time: 00:32:21
PB (50m pool): no time PB (25m pool): 00:32.21 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+			Heat:13, starttime: 16:05
Heat: 13/14 Lane : 0 Athlete: TRIOEN JOKE			Q-time: 00:31:32
PB (50m pool): 00:32.60 Molenbeek 18/02/2024 PB (25m pool): 00:31.32 SB: no time			
	5 0 M		
PB	00:32.60		
	00:32.60		
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:2, starttime: 16:10
Heat: 2/12 Lane : 3 Athlete: CLAES TIEBE			Q-time: 00:35:21
PB (50m pool): 00:34.99 Seraing 25/01/2026 PB (25m pool): 00:35.21 SB: 00:34.99 Seraing 25/01/2026			
	5 0 M		
PB	00:34.99		
	00:34.99		
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:3, starttime: 16:10
Heat: 3/12 Lane : 2 Athlete: CLAES ELIAN			Q-time: 00:33:52
PB (50m pool): 00:33.17 Seraing 25/01/2026 PB (25m pool): 00:33.04 SB: 00:33.17 Seraing 25/01/2026			
	5 0 M		
PB	00:33.17		
	00:33.17		
			

Coach feedback:

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

Event number: 35: 50M FREESTYLE MEN 13+				Heat:3, starttime: 16:10	
Heat: 3/12 Lane : 9 Athlete: VANDEPITTE KYAN				Q-time: 00:34:56	
PB (50m pool): 00:34.56 Charleroi 11/01/2026				PB (25m pool): 00:35.35 SB: 00:34.56 Charleroi 11/01/2026	
	5 0 M				
PB	00:34.56				
	00:34.56				
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+				Heat:4, starttime: 16:15	
Heat: 4/12 Lane : 0 Athlete: JACQUEMYS KOBÉ				Q-time: 00:32:66	
PB (50m pool): 00:32.66 Mol 22/06/2025				PB (25m pool): 00:32.23 SB: no time	
	5 0 M				
PB	00:32.66				
	00:32.66				
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+				Heat:11, starttime: 16:20	
Heat: 11/12 Lane : 1 Athlete: SEGHERS MICHIEL				Q-time: 00:26:42	
PB (50m pool): 00:26.05 Antwerpen 28/07/2024				PB (25m pool): 00:25.02 SB: 00:26.26 Seraing 25/01/2026	
	5 0 M				
PB	00:26.05				
	00:26.05				
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+				Heat:12, starttime: 16:20	
Heat: 12/12 Lane : 1 Athlete: PILLET BRECHT				Q-time: 00:25:92	
PB (50m pool): 00:25.79 Antwerpen 22/01/2023				PB (25m pool): 00:25.44 SB: 00:27.01 Seraing 25/01/2026	
	5 0 M				
PB	00:25.79				
	00:25.79				
					

Coach feedback:

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

Event number: 37: 200M MEDLEY MEN 15+					Heat:2, starttime: 16:30
Heat: 2/6 Lane : 3 Athlete: VERHASSELT LARS					Q-time: 02:49:92
PB (50m pool): 02:49.92 Aalst 20/12/2025					PB (25m pool): 02:55.65 SB: 02:49.92 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.43	01:19.74	02:10.61	02:49.92	
	00:36.43	00:43.31	00:50.87	00:39.31	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:4, starttime: 16:35
Heat: 4/6 Lane : 1 Athlete: TRONCKOE KOBE					Q-time: 02:35:59
PB (50m pool): 02:41.05 Antwerpen 13/07/2025					PB (25m pool): 02:35.59 SB: 02:41.14 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.47	01:15.14	02:05.26	02:41.05	
	00:34.47	00:40.67	00:50.12	00:35.79	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:5, starttime: 16:40
Heat: 5/6 Lane : 7 Athlete: PUTTAERT ARTHUR					Q-time: 02:29:79
PB (50m pool): 02:29.25 Seraing 25/01/2026					PB (25m pool): 02:29.59 SB: 02:29.25 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.31	01:10.55	01:55.26	02:29.25	
	00:31.31	00:39.24	00:44.71	00:33.99	
					

Coach feedback:

Event number: 39: 100M BREASTSTROKE MEN 17+			Heat:1, starttime: 16:50		
Heat: 1/3 Lane : 5 Athlete: PILLET BRECHT			Q-time: 01:21:65		
PB (50m pool): 01:21.65 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:17.89 SB: no time		
	5 0 M	1 0 0 M			
PB	00:36.55	01:21.65			
	00:36.55	00:45.10			
					

Coach feedback:

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

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 17:00
Heat: 2/7 Lane : 7 Athlete: TRONCKOE BENTE					Q-time: 03:50:59
PB (50m pool): 03:50.59 Charleroi 11/01/2026					PB (25m pool): 03:54.62 SB: 03:50.59 Charleroi 11/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.58	01:53.34	02:55.25	03:50.59	
	00:53.58	00:59.76	01:01.91	00:55.34	
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 17:05
Heat: 3/7 Lane : 5 Athlete: DE WILDE HANNE					Q-time: 03:28:54
PB (50m pool): no time					PB (25m pool): 03:28.54 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: 40: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 17:10
Heat: 4/7 Lane : 2 Athlete: WYFFELS LOUISE MARIE					Q-time: 03:22:11
PB (50m pool): 03:26.26 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 03:22.11 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.29	01:40.11	02:34.23	03:26.26	
	00:48.29	00:51.82	00:54.12	00:52.03	
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 17:15
Heat: 6/7 Lane : 8 Athlete: NSUBUGA SOFIA					Q-time: 03:00:46
PB (50m pool): 03:09.56 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 03:00.46 SB: 03:10.78 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.35	01:34.63	02:23.94	03:09.56	
	00:44.35	00:50.28	00:49.31	00:45.62	
					

Coach feedback:

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

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 17:35
Heat: 3/7 Lane : 1 Athlete: VANDEPITTE KYAN					Q-time: 03:04:07
PB (50m pool): 03:07.49 Aalst 20/12/2025					PB (25m pool): 03:04.07 SB: 03:07.49 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.64	01:33.16	02:21.11	03:07.49	
	00:44.64	00:48.52	00:47.95	00:46.38	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 17:35
Heat: 4/7 Lane : 4 Athlete: DE MESMAEKER LOANN					Q-time: 02:46:97
PB (50m pool): 03:09.98 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:46.97 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.89	01:33.43	02:22.91	03:09.98	
	00:44.89	00:48.54	00:49.48	00:47.07	
					

Coach feedback:

Event number: 43: 100M BUTTERFLY MEN 17+					Heat:3, starttime: 18:00
Heat: 3/3 Lane : 3 Athlete: SEGHERS MICHIEL					Q-time: 00:59:87
PB (50m pool): 00:59.08 Antwerpen 28/07/2024					PB (25m pool): 00:58.08 SB: 01:00.84 Seraing 25/01/2026
	5 0 M	1 0 0 M			
PB	no time	00:59.08			
	no time				
					

Coach feedback: