

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

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

Coaches: Van Hecke Maxim

Coaches: Boel Joke HEADCOACH

PB => Personal Best time

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

Event number: 31: 200M FREESTYLE MEN 13+

Heat:6, starttime: 15:15

Heat: 6/12 Lane : 6 Athlete: HOFMAN OTIS

Q-time: 02:20:94

PB (50m pool): 02:20.94 Antwerpen 13/07/2025

PB (25m pool): 02:27.75 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.55	01:07.99	01:44.82	02:20.94	
	00:32.55	00:35.44	00:36.83	00:36.12	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+

Heat:2, starttime: 15:35

Heat: 2/9 Lane : 8 Athlete: SMET ALINE

Q-time: 99:99:99

PB (50m pool): no time

PB (25m pool): 00:43.11 SB: no time

	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+

Heat:3, starttime: 15:35

Heat: 3/9 Lane : 3 Athlete: HOFMAN LILY

Q-time: 00:46:32

PB (50m pool): no time

PB (25m pool): 00:48.68 SB: no time

	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:4, starttime: 15:40
Heat: 4/9 Lane : 5 Athlete: VAN HAUWERMEIREN EMMA		Q-time: 00:44:29
PB (50m pool): 00:44.29 Antwerpen 13/07/2025		PB (25m pool): 00:42.73 SB: no time
	5 0 M	
PB	00:44.29	
	00:44.29	
		

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:4, starttime: 15:40
Heat: 4/9 Lane : 8 Athlete: HOFMAN ROSE		Q-time: 00:45:28
PB (50m pool): no time		PB (25m pool): 00:45.69 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:8, starttime: 15:45
Heat: 8/9 Lane : 0 Athlete: VANDEN BERGHE YANA		Q-time: 00:38:08
PB (50m pool): 00:42.24 Aalst 11/05/2025		PB (25m pool): 00:38.08 SB: no time
	5 0 M	
PB	00:42.24	
	00:42.24	
		

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 15:50
Heat: 5/7 Lane : 3 Athlete: HOFMAN OTIS		Q-time: 00:33:29
PB (50m pool): 00:33.29 Aalst 11/05/2025		PB (25m pool): 00:33.09 SB: no time
	5 0 M	
PB	00:33.29	
	00:33.29	
		

Coach feedback:

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Event number: 39: 100M BREASTSTROKE MEN 17+			Heat:1, starttime: 16:50
Heat: 1/3 Lane : 3 Athlete: VAN DEN ABBEELE TOON			Q-time: 01:22:57
PB (50m pool): 01:38.58 Antwerp 04/02/2024			PB (25m pool): 01:22.57 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:38.58	
	no time		
			

Coach feedback: