

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

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

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:2, starttime: 14:35	
Heat: 2/5 Lane : 2 Athlete: VERLEYSSEN NOA							Q-time: 05:24:77	
PB (50m pool): 05:24.77 Mönchengladbach 23/03/2025				PB (25m pool): 05:07.91SB: 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	01:18.87	no time	02:41.81	no time	04:04.87	no time	05:24.77
	no time							
								

Coach feedback:

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:2, starttime: 14:35	
Heat: 2/5 Lane : 3 Athlete: KOREN ZARA							Q-time: 05:16:76	
PB (50m pool): 05:16.76 SportinGenk Park 15/03/2025				PB (25m pool): 05:10.04SB: 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	01:15.56	no time	02:35.41	no time	no time	no time	05:16.76
	no time							
								

Coach feedback:

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:2, starttime: 14:35	
Heat: 2/5 Lane : 4 Athlete: COPERMANS SAM							Q-time: 05:15:08	
PB (50m pool): 05:15.08 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 05:04.45 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	00:34.85	01:14.16	01:54.55	02:35.21	03:15.75	03:56.82	04:37.42	05:15.08
	00:34.85	00:39.31	00:40.39	00:40.66	00:40.54	00:41.07	00:40.60	00:37.66
								

Coach feedback:

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Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:3, starttime: 14:40	
Heat: 3/5 Lane : 8 Athlete: MÜLLER RENA							Q-time: 05:12:18	
PB (50m pool): 05:12.18 SportinGenk Park 15/03/2025				PB (25m pool): 05:00.54SB: 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	01:15.78	no time	02:36.26	no time	no time	no time	05:12.18
	no time							
								

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:4, starttime: 15:10
Heat: 4/12 Lane : 1 Athlete: HOUSEN ILYA					Q-time: 02:32:05
PB (50m pool): 02:32.05 Antwerpen 13/07/2025					PB (25m pool): 02:44.64SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.81	01:14.39	01:54.27	02:32.05	
	00:34.81	00:39.58	00:39.88	00:37.78	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:6, starttime: 15:15
Heat: 6/12 Lane : 2 Athlete: VANOPPEN MATHIAS					Q-time: 02:21:30
PB (50m pool): 02:21.30 Antwerpen 20/04/2025					PB (25m pool): 02:07.02SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.72	01:08.20	01:45.46	02:21.30	
	00:31.72	00:36.48	00:37.26	00:35.84	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:7, starttime: 15:20
Heat: 7/12 Lane : 7 Athlete: TAYYEM ABDO-ALMALLEK					Q-time: 02:17:55
PB (50m pool): 02:17.55 Antwerpen 20/07/2025			PB (25m pool): 02:10.33SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.36	01:06.11	01:42.08	02:17.55	
	00:31.36	00:34.75	00:35.97	00:35.47	
					

Coach feedback:

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Event number: 31: 200M FREESTYLE MEN 13+					Heat:12, starttime: 15:30
Heat: 12/12 Lane : 2 Athlete: VANGROOTLOON JEF					Q-time: 02:01:05
PB (50m pool): 01:59.50 Seraing 25/01/2026					PB (25m pool): 01:53.71 SB: 01:59.50 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.43	00:57.71	01:29.13	01:59.50	
	00:27.43	00:30.28	00:31.42	00:30.37	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 15:40
Heat: 5/9 Lane : 8 Athlete: BEUNCKENS TESS					Q-time: 00:43:59
PB (50m pool): 00:43.59 SportinGenk Park 21/04/2025					PB (25m pool): 00:40.22 SB: no time
	5 0 M				
PB	00:43.59				
	00:43.59				
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 15:40
Heat: 6/9 Lane : 7 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 00:42:01
PB (50m pool): 00:41.04 Seraing 25/01/2026					PB (25m pool): 00:39.57 SB: 00:41.04 Seraing 25/01/2026
	5 0 M				
PB	00:41.04				
	00:41.04				
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 15:40
Heat: 7/9 Lane : 3 Athlete: SARGESJAN NALA					Q-time: 00:38:89
PB (50m pool): 00:38.89 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 00:36.75 SB: no time
	5 0 M				
PB	00:38.89				
	00:38.89				
					

Coach feedback:

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Event number: 34: 50M BUTTERFLY WOMEN 13+			Heat:8, starttime: 16:00
Heat: 8/14 Lane : 7 Athlete: THEWISSEN MIRTHE			Q-time: 00:34:87
PB (50m pool): 00:34.87 Antwerpen 20/04/2025 PB (25m pool): 00:34.49 SB: no time			
	5 0 M		
PB	00:34.87		
	00:34.87		
			

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+			Heat:11, starttime: 16:05
Heat: 11/14 Lane : 4 Athlete: COPERMAN SAM			Q-time: 00:32:28
PB (50m pool): 00:32.28 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.73 SB: no time			
	5 0 M		
PB	00:32.28		
	00:32.28		
			

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+			Heat:12, starttime: 16:05
Heat: 12/14 Lane : 5 Athlete: SARGESJAN NALA			Q-time: 00:31:94
PB (50m pool): 00:31.94 Wezenberg Topsportbad, Antwerp 18/05/2025 PB (25m pool): 00:30.33 SB: no time			
	5 0 M		
PB	00:31.94		
	00:31.94		
			

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+			Heat:14, starttime: 16:10
Heat: 14/14 Lane : 8 Athlete: EVENS NOOR			Q-time: 00:30:04
PB (50m pool): 00:30.26 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:29.79 SB: 00:31.49 Seraing 25/01/2026			
	5 0 M		
PB	00:30.26		
	00:30.26		
			

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+				Heat:12, starttime: 16:20
Heat: 12/12 Lane : 5 Athlete: VANGROOTLOON JEF				Q-time: 00:24:57
PB (50m pool): 00:24.57 Antwerpen 27/07/2025				PB (25m pool): 00:24.30 SB: no time
	5 0 M			
PB	00:24.57			
	00:24.57			
				

Coach feedback:

Event number: 36: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 16:20
Heat: 1/1 Lane : 6 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 02:47:24
PB (50m pool): no time					PB (25m pool): 02:47.24 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: 37: 200M MEDLEY MEN 15+					Heat:3, starttime: 16:30
Heat: 3/6 Lane : 2 Athlete: HOUSEN ILYA					Q-time: 02:42:60
PB (50m pool): 02:43.24 Seraing 25/01/2026					PB (25m pool): 02:42.60 SB: 02:43.24 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.11	01:15.59	02:05.82	02:43.24	
	00:34.11	00:41.48	00:50.23	00:37.42	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:4, starttime: 16:35
Heat: 4/6 Lane : 5 Athlete: TAYYEM ABDO-ALMALLEK					Q-time: 02:32:89
PB (50m pool): 02:32.89 Mönchengladbach 23/03/2025					PB (25m pool): 02:29.08 SB: 02:35.81 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:32.89	
	no time				
					

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 15+					Heat:5, starttime: 16:40
Heat: 5/6 Lane : 1 Athlete: HAUBEN THOMAS					Q-time: 02:30:41
PB (50m pool): 02:30.41 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:28.66 SB: 02:32.73 Seraing 25/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.15	01:10.07	01:56.44	02:30.41	
	00:31.15	00:38.92	00:46.37	00:33.97	
					

Coach feedback:

Event number: 39: 100M BREASTSTROKE MEN 17+					Heat:2, starttime: 16:55
Heat: 2/3 Lane : 6 Athlete: VANOPPEN MATHIAS					Q-time: 01:16:90
PB (50m pool): 01:16.10 Antwerpen 28/07/2024 PB (25m pool): 01:13.06 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	01:16.10			
	no time				
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 17:15
Heat: 5/7 Lane : 8 Athlete: THEWISSEN MIRTHE					Q-time: 03:11:43
PB (50m pool): 03:11.43 Antwerpen 20/04/2025 PB (25m pool): 02:58.91 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.15	01:32.98	02:22.93	03:11.43	
	00:44.15	00:48.83	00:49.95	00:48.50	
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 17:15
Heat: 6/7 Lane : 1 Athlete: SARGESJAN NALA					Q-time: 02:59:85
PB (50m pool): 03:11.87 Seraing 25/01/2026 PB (25m pool): 02:59.85 SB: 03:11.87 Seraing 25/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.39	01:33.17	02:22.52	03:11.87	
	00:43.39	00:49.78	00:49.35	00:49.35	
					

Coach feedback:

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

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 17:15
Heat: 6/7 Lane : 7 Athlete: BEUNCKENS TESS					Q-time: 02:59:28
PB (50m pool): 03:17.01 Antwerpen 21/07/2024					PB (25m pool): 02:59.28 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	03:17.01	
	no time				
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 17:20
Heat: 7/7 Lane : 2 Athlete: MÜLLER RENA					Q-time: 02:51:74
PB (50m pool): 02:51.74 Antwerpen 20/07/2025					PB (25m pool): 02:53.31 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.99	01:22.81	02:07.57	02:51.74	
	00:38.99	00:43.82	00:44.76	00:44.17	
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 17:20
Heat: 7/7 Lane : 3 Athlete: EVENS NOOR					Q-time: 02:41:29
PB (50m pool): 02:40.56 Antwerpen 28/07/2024					PB (25m pool): 02:36.05 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	02:40.56	
	no time				
					

Coach feedback:

Event number: 43: 100M BUTTERFLY MEN 17+					Heat:2, starttime: 17:55
Heat: 2/3 Lane : 6 Athlete: HAUBEN THOMAS					Q-time: 01:06:71
PB (50m pool): 01:06.49 Seraing 25/01/2026					PB (25m pool): 01:06.17 SB: 01:06.49 Seraing 25/01/2026
	5 0 M	1 0 0 M			
PB	00:32.74	01:06.49			
	00:32.74	00:33.75			
					

Coach feedback: