

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

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

Coaches: Destoop Jens

Coaches: Nellen Maik HEADCOACH

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:1, starttime: 14:30	
Heat: 1/5 Lane : 3 Athlete: CARIS LOUISE							Q-time: 99:99:99	
PB (50m pool): 04:59.92 MOUSCRON 20/05/2024				PB (25m pool): 04:53.87 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	04:59.92
	no time							
								

Coach feedback:

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:4, starttime: 14:50	
Heat: 4/5 Lane : 7 Athlete: VAN HOUCKE IMKE							Q-time: 04:56:37	
PB (50m pool): 04:56.37 Antwerpen 20/07/2025				PB (25m pool): 04:50.70 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	00:33.48	01:10.63	01:48.87	02:27.31	03:05.44	03:43.23	04:20.53	04:56.37
	00:33.48	00:37.15	00:38.24	00:38.44	00:38.13	00:37.79	00:37.30	00:35.84
								

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+										Heat:3, starttime: 15:35	
Heat: 3/9 Lane : 0 Athlete: VAN GANSBEKE NORE										Q-time: 00:48:11	
PB (50m pool): 00:48.11 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:44.22 SB: no time											
	5 0 M										
PB	00:48.11										
	00:48.11										
											

Coach feedback:

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

Event number: 32: 50M BREASTSTROKE WOMEN 13+			Heat:5, starttime: 15:40
Heat: 5/9 Lane : 0 Athlete: DEPAEPE LANA			Q-time: 00:43:72
PB (50m pool): 00:42.76 Brugge 01/02/2026			PB (25m pool): 00:41.81 SB: 00:42.76 Brugge 01/02/2026
	5 0 M		
PB	00:42.76		
	00:42.76		
			

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+			Heat:8, starttime: 15:45
Heat: 8/9 Lane : 2 Athlete: BHIJA NOOR			Q-time: 00:37:47
PB (50m pool): 00:39.29 Zwembad Brigitte Becue Oostend 10/05/2025			PB (25m pool): 00:37.47 SB: no time
	5 0 M		
PB	00:39.29		
	00:39.29		
			

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+			Heat:8, starttime: 15:45
Heat: 8/9 Lane : 5 Athlete: CARIS MARTHE			Q-time: 00:37:25
PB (50m pool): 00:37.25 Antwerpen 27/07/2025			PB (25m pool): 00:35.94 SB: no time
	5 0 M		
PB	00:37.25		
	00:37.25		
			

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+			Heat:8, starttime: 15:45
Heat: 8/9 Lane : 6 Athlete: CARIS LOUISE			Q-time: 00:37:44
PB (50m pool): 00:37.99 ANTWERPEN 30/07/2023			PB (25m pool): SB: no time
	5 0 M		
PB	00:37.99		
	00:37.99		
			

Coach feedback:

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

Event number: 33: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 15:45
Heat: 2/7 Lane : 6 Athlete: BEEL NOAH		Q-time: 00:41:15
PB (50m pool): 00:41.15 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:39.29 SB: no time		
	5 0 M	
PB	00:41.15	
	00:41.15	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:4, starttime: 16:00
Heat: 4/14 Lane : 4 Athlete: VAN GANSBEKE NORE		Q-time: 00:39:06
PB (50m pool): no time PB (25m pool): 00:39.06 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:5, starttime: 16:00
Heat: 5/14 Lane : 9 Athlete: ROSSEAU RINSKE		Q-time: 00:38:95
PB (50m pool): 00:38.95 Antwerpen 13/07/2025 PB (25m pool): 00:36.59 SB: no time		
	5 0 M	
PB	00:38.95	
	00:38.95	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:10, starttime: 16:05
Heat: 10/14 Lane : 0 Athlete: VAN HOUCKE IMKE		Q-time: 00:33:47
PB (50m pool): 00:33.47 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:33.09 SB: 00:33.52 Brugge 01/02/2026		
	5 0 M	
PB	00:33.47	
	00:33.47	
		

Coach feedback:

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

Event number: 34: 50M BUTTERFLY WOMEN 13+										Heat:11, starttime: 16:05																				
Heat: 11/14 Lane : 9 Athlete: DERAEDT TILLE																				Q-time: 00:32:79										
PB (50m pool): 00:32.79 Antwerpen 13/07/2025																				PB (25m pool): 00:33.24 SB: no time										
	5 0 M																													
PB	00:32.79																													
	00:32.79																													
																														

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+							Heat:13, starttime: 16:05		
Heat: 13/14 Lane : 8 Athlete: BHIJA NOOR							Q-time: 00:31:21		
PB (50m pool): 00:30.99 Brugge 01/02/2026							PB (25m pool): 00:30.95 SB: 00:30.99 Brugge 01/02/2026		
	5 0 M								
PB	00:30.99								
	00:30.99								
									

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:8, starttime: 16:15		
Heat: 8/12 Lane : 0 Athlete: LATTE BRENT							Q-time: 00:28:13		
PB (50m pool): 00:27.99 Brugge 01/02/2026							PB (25m pool): 00:28.05 SB: 00:27.99 Brugge 01/02/2026		
	5 0 M								
PB	00:27.99								
	00:27.99								
									

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:4, starttime: 16:35	
Heat: 4/6 Lane : 4 Athlete: LATTE BRENT					Q-time: 02:31:63	
PB (50m pool): 02:31.63 Antwerpen 13/07/2025					PB (25m pool): 02:31.70 SB: 02:34.57 Brugge 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.72	01:10.36	01:56.25	02:31.63		
	00:31.72	00:38.64	00:45.89	00:35.38		
						

Coach feedback:

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Event number: 38: 100M FREESTYLE WOMEN 17+				Heat:4, starttime: 16:50	
Heat: 4/4 Lane : 8 Athlete: BHIJA NOOR				Q-time: 01:02:04	
PB (50m pool): 01:02.04 Antwerpen 27/07/2025				PB (25m pool): 01:01.48 SB: 01:03.46 Brugge 01/02/2026	
	5 0 M	1 0 0 M			
PB	00:30.06	01:02.04			
	00:30.06	00:31.98			
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 17:10	
Heat: 4/7 Lane : 8 Athlete: DEPAEPE LANA					Q-time: 03:24:92	
PB (50m pool): 03:23.17 Brugge 01/02/2026					PB (25m pool): 03:15.80 SB: 03:23.17 Brugge 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:45.25	01:37.27	02:30.61	03:23.17		
	00:45.25	00:52.02	00:53.34	00:52.56		
						

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 17:15	
Heat: 6/7 Lane : 2 Athlete: CARIS LOUISE					Q-time: 02:59:06	
PB (50m pool): 02:57.09 Antwerpen 28/07/2024					PB (25m pool): 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	02:57.09		
	no time					
						

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 17:15	
Heat: 6/7 Lane : 4 Athlete: CARIS MARTHE					Q-time: 02:56:66	
PB (50m pool): 03:00.87 ANTWERPEN 23/07/2023					PB (25m pool): 02:51.46 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	03:00.87		
	no time					
						

Coach feedback: