

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

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

Coaches: Van Mieghem Evelien HEADCOACH

Coaches: Lammens Tim

Coaches: Felies Jürgen

PB => Personal Best time

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

Event number: 31: 200M FREESTYLE MEN 13+					Heat:1, starttime: 15:00
Heat: 1/12 Lane : 5 Athlete: GOOSSENS HENDRIK					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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: 31: 200M FREESTYLE MEN 13+					Heat:2, starttime: 15:05
Heat: 2/12 Lane : 2 Athlete: HEIJL RUBEN					Q-time: 02:52:61
PB (50m pool): 02:52.61 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:35.96 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	02:52.61	
	no time				
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:2, starttime: 15:05
Heat: 2/12 Lane : 5 Athlete: ROGIERS LUCAS					Q-time: 02:48:81
PB (50m pool): 02:48.81 Aalst 11/05/2025 PB (25m pool): 02:30.81 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.07	01:22.35	02:06.99	02:48.81	
	00:39.07	00:43.28	00:44.64	00:41.82	
					

Coach feedback:

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Event number: 31: 200M FREESTYLE MEN 13+					Heat:2, starttime: 15:05
Heat: 2/12 Lane : 9 Athlete: YILDIZ AMMAR					Q-time: 03:35:85
PB (50m pool): 03:35.85 Aalst 11/05/2025					PB (25m pool): 03:33.56 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.50	01:42.33	02:41.25	03:35.85	
	00:46.50	00:55.83	00:58.92	00:54.60	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:4, starttime: 15:10
Heat: 4/12 Lane : 9 Athlete: ROGIERS LOUIS					Q-time: 02:34:45
PB (50m pool): 02:34.45 Aalst 11/05/2025					PB (25m pool): 02:23.57 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.93	01:14.95	01:55.53	02:34.45	
	00:34.93	00:40.02	00:40.58	00:38.92	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:5, starttime: 15:15
Heat: 5/12 Lane : 2 Athlete: VAN LAERE JUUL					Q-time: 02:24:71
PB (50m pool): 02:24.71 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:19.06 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.12	01:09.47	01:48.41	02:24.71	
	00:32.12	00:37.35	00:38.94	00:36.30	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:6, starttime: 15:15
Heat: 6/12 Lane : 1 Athlete: VERHENNE TIM					Q-time: 02:21:99
PB (50m pool): 02:21.99 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:16.44 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.49	01:08.53	01:46.62	02:21.99	
	00:32.49	00:36.04	00:38.09	00:35.37	
					

Coach feedback:

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Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 15:35
Heat: 1/9 Lane : 3 Athlete: GOOSSENS TARA		Q-time: 99:99:99
PB (50m pool): 00:39.96 Antwerpen 16/07/2023		PB (25m pool): 00:39.62 SB: no time
	5 0 M	
PB	00:39.96	
	00:39.96	
		

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:2, starttime: 15:35
Heat: 2/9 Lane : 1 Athlete: NEETESONNE LOTTE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:2, starttime: 15:35
Heat: 2/9 Lane : 2 Athlete: PHILIPS NOé		Q-time: 00:54:16
PB (50m pool): no time		PB (25m pool): 00:52.61 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:2, starttime: 15:35
Heat: 2/9 Lane : 3 Athlete: VAN SLYCKEN LOUISE		Q-time: 00:50:96
PB (50m pool): 00:50.96 Aalst 11/05/2025		PB (25m pool): no time SB: no time
	5 0 M	
PB	00:50.96	
	00:50.96	
		

Coach feedback:

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Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:4, starttime: 15:40
Heat: 4/9 Lane : 2 Athlete: LAMMENS ALIX		Q-time: 00:45:10
PB (50m pool): no time		PB (25m pool): 00:45.10 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:5, starttime: 15:40
Heat: 5/9 Lane : 3 Athlete: JACOBS EVA		Q-time: 00:42:83
PB (50m pool): 00:47.81 Aalst 15/05/2022		PB (25m pool): 00:42.83 SB: no time
	5 0 M	
PB	00:47.81	
	00:47.81	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:1, starttime: 15:55
Heat: 1/14 Lane : 3 Athlete: NEETESONNE LOTTE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:2, starttime: 15:55
Heat: 2/14 Lane : 1 Athlete: VAN SLYCKEN LOUISE		Q-time: 00:46:82
PB (50m pool): no time		PB (25m pool): 00:45.80 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:2, starttime: 15:55
Heat: 2/14	Lane : 7	Athlete: PHILIPS NOé
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: 34: 50M BUTTERFLY WOMEN 13+		Heat:7, starttime: 16:00
Heat: 7/14	Lane : 6	Athlete: JACOBS EVA
PB (50m pool): 00:43.17 Antwerpen 05/02/2023		PB (25m pool): 00:36.01 SB: no time
	5 0 M	
PB	00:43.17	
	00:43.17	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:8, starttime: 16:00
Heat: 8/14	Lane : 1	Athlete: LAMMENS ALIX
PB (50m pool): 00:47.82 Aalst 28/04/2024		PB (25m pool): 00:34.18 SB: no time
	5 0 M	
PB	00:47.82	
	00:47.82	
		

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+		Heat:2, starttime: 16:10
Heat: 2/12	Lane : 6	Athlete: YILDIZ AMMAR
PB (50m pool): 00:35.77 LOCHRISTI 25/01/2026		PB (25m pool): 00:36.75 SB: 00:35.77 LOCHRISTI 25/01/2026
	5 0 M	
PB	00:35.77	
	00:35.77	
		

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+							Heat:2, starttime: 16:10		
Heat: 2/12 Lane : 8 Athlete: GOOSSENS HENDRIK							Q-time: 99:99:99		
PB (50m pool): 00:38.40 LOCHRISTI 25/01/2026							PB (25m pool): no time SB: 00:38.40 LOCHRISTI 25/01/2026		
	5 0 M								
PB	00:38.40								
	00:38.40								
									

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:3, starttime: 16:10																			
Heat: 3/12 Lane : 1 Athlete: ROGIERS LUCAS																				Q-time: 00:33:99									
PB (50m pool): 00:32.48 LOCHRISTI 25/01/2026										PB (25m pool): 00:32.27 SB: 00:32.48 LOCHRISTI 25/01/2026																			
	5 0 M																												
PB	00:32.48																												
	00:32.48																												
																													

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+				Heat:4, starttime: 16:15	
Heat: 4/12 Lane : 2 Athlete: ROGIERS LOUIS				Q-time: 00:32:18	
PB (50m pool): 00:32.18 Aalst 11/05/2025				PB (25m pool): 00:29.94SB: no time	
	5 0 M				
PB	00:32.18				
	00:32.18				
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:4, starttime: 16:15		
Heat: 4/12 Lane : 3 Athlete: HEIJL RUBEN							Q-time: 00:31:93		
PB (50m pool): 00:30.85 LOCHRISTI 25/01/2026							PB (25m pool): 00:30.64SB: 00:30.85 LOCHRISTI 25/01/2026		
	5 0 M								
PB	00:30.85								
	00:30.85								
									

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+							Heat:5, starttime: 16:15		
Heat: 5/12 Lane : 4 Athlete: VERHENNE TIM							Q-time: 00:30:41		
PB (50m pool): 00:28.58 LOCHRISTI 25/01/2026							PB (25m pool): 00:29.35 SB: 00:28.58 LOCHRISTI 25/01/2026		
	5 0 M								
PB	00:28.58								
	00:28.58								
									

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+				Heat:7, starttime: 16:15	
Heat: 7/12 Lane : 1 Athlete: LAMMENS XANDER				Q-time: 00:28:68	
PB (50m pool): 00:27.72 Lago Rozebroeken Gent 05/03/2023 PB (25m pool): 00:27.18SB: no time					
	5 0 M				
PB	00:27.72				
	00:27.72				
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:7, starttime: 16:15	
Heat: 7/12 Lane : 6 Athlete: VAN LAERE JUUL							Q-time: 00:28:44	
PB (50m pool): 00:28.44 Aalst 11/05/2025							PB (25m pool): 00:26.98SB: no time	
	5 0 M							
PB	00:28.44							
	00:28.44							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:9, starttime: 16:15	
Heat: 9/12 Lane : 8 Athlete: FELIES JARNE							Q-time: 00:27:65	
PB (50m pool): 00:27.65 Aalst 11/05/2025							PB (25m pool): 00:26.24SB: no time	
	5 0 M							
PB	00:27.65							
	00:27.65							
								

Coach feedback:

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

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:1, starttime: 16:45
Heat: 1/4 Lane : 6 Athlete: GOOSSENS TARA			Q-time: 99:99:99
PB (50m pool): 01:11.01 Antwerpen 16/07/2023			PB (25m pool): 01:08.32 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:11.01	
	no time		
			

Coach feedback:

Event number: 39: 100M BREASTSTROKE MEN 17+			Heat:1, starttime: 16:50
Heat: 1/3 Lane : 6 Athlete: LAMMENS XANDER			Q-time: 01:25:55
PB (50m pool): 01:17.97 GENK 21/07/2019			PB (25m pool): 01:13.85 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:17.97	
	no time		
			

Coach feedback:

Event number: 39: 100M BREASTSTROKE MEN 17+			Heat:2, starttime: 16:55
Heat: 2/3 Lane : 8 Athlete: FELIES JARNE			Q-time: 01:18:96
PB (50m pool): 01:18.96 Aalst 11/05/2025			PB (25m pool): 01:16.38 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.62	01:18.96	
	00:37.62	00:41.34	
			

Coach feedback: