

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

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

Coaches: Devriese Boris

Coaches: Wielfaert Wout

Coaches: Speliers Sabrina HEADCOACH

PB => Personal Best time

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

Event number: 31: 200M FREESTYLE MEN 13+					Heat:2, starttime: 15:05
Heat: 2/12 Lane : 0 Athlete: CARLIER REMI					Q-time: 03:28:41
PB (50m pool): no time			PB (25m pool): 03:28.41 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: 32: 50M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:35
Heat: 2/9 Lane : 4 Athlete: VAN HOEY TESS					Q-time: 00:49:45
PB (50m pool): no time			PB (25m pool): 00:48.03 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 : 6 Athlete: DE KETELAERE FEBE					Q-time: 00:51:14
PB (50m pool): 00:51.14 La Louvière 25/05/2025			PB (25m pool): 00:52.07 SB: no time		
	5 0 M				
PB	00:51.14				
	00:51.14				
					

Coach feedback:

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Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:7, starttime: 15:40
Heat: 7/9 Lane : 0 Athlete: PAUWELS MARGO		Q-time: 00:40:65
PB (50m pool): 00:40.59 Antwerpen 14/07/2024 PB (25m pool): 00:39.49 SB: no time		
	5 0 M	
PB	00:40.59	
	00:40.59	
		

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 15:50
Heat: 3/7 Lane : 2 Athlete: BOONEN KAREL		Q-time: 00:38:86
PB (50m pool): 00:38.86 Antwerpen 20/04/2025 PB (25m pool): 00:35.87 SB: no time		
	5 0 M	
PB	00:38.86	
	00:38.86	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:3, starttime: 15:55
Heat: 3/14 Lane : 7 Athlete: BERTE LISE		Q-time: 00:41:76
PB (50m pool): no time PB (25m pool): 00:41.76 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:4, starttime: 16:00
Heat: 4/14 Lane : 3 Athlete: VAN DE WALLE NORA		Q-time: 00:39:21
PB (50m pool): no time PB (25m pool): 00:39.21 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:4, starttime: 16:00
Heat: 4/14 Lane : 6 Athlete: VAN LIERDE ROOS		Q-time: 00:39:74
PB (50m pool): 00:39.74 Antwerp 02/02/2025 PB (25m pool): 00:37.33 SB: no time		
	5 0 M	
PB	00:39.74	
	00:39.74	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:4, starttime: 16:00
Heat: 4/14 Lane : 8 Athlete: PAUWELS MARGO		Q-time: 00:40:28
PB (50m pool): 00:39.86 Antwerpen 14/07/2024 PB (25m pool): 00:40.28 SB: no time		
	5 0 M	
PB	00:39.86	
	00:39.86	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:6, starttime: 16:00
Heat: 6/14 Lane : 8 Athlete: CARLIER ALICE		Q-time: 00:37:48
PB (50m pool): 00:37.48 La Louvière 25/05/2025 PB (25m pool): 00:37.71 SB: no time		
	5 0 M	
PB	00:37.48	
	00:37.48	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:12, starttime: 16:05
Heat: 12/14 Lane : 3 Athlete: STERKEN NILA		Q-time: 00:31:95
PB (50m pool): 00:31.95 Antwerpen 13/07/2025 PB (25m pool): 00:31.15 SB: no time		
	5 0 M	
PB	00:31.95	
	00:31.95	
		

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:3, starttime: 16:10
Heat: 3/12 Lane : 3 Athlete: VAN BRAECKEL SEPPE			Q-time: 00:33:38
PB (50m pool): 00:33.38 Aalst 11/05/2025			PB (25m pool): 00:32.35 SB: no time
	5 0 M		
PB	00:33.38		
	00:33.38		
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 16:15
Heat: 5/12 Lane : 7 Athlete: DE REGGE MATTEO			Q-time: 00:31:32
PB (50m pool): 00:29.71 LOCHRISTI 25/01/2026			PB (25m pool): 00:31.32 SB: 00:29.71 LOCHRISTI 25/01/2026
	5 0 M		
PB	00:29.71		
	00:29.71		
			

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:1, starttime: 16:45
Heat: 1/4 Lane : 3 Athlete: VAN HOEY TESS			Q-time: 01:25:75
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:2, starttime: 16:45
Heat: 2/4 Lane : 6 Athlete: CARLIER ALICE			Q-time: 01:07:47
PB (50m pool): 01:07.47 Antwerpen 13/07/2025			PB (25m pool): 01:07.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.25	01:07.47	
	00:32.25	00:35.22	
			

Coach feedback:

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Event number: 38: 100M FREESTYLE WOMEN 17+				Heat:3, starttime: 16:50	
Heat: 3/4 Lane : 7 Athlete: STERKEN NILA				Q-time: 01:03:91	
PB (50m pool): 01:03.91 Aalst 11/05/2025				PB (25m pool): 01:02.56 SB: no time	
	5 0 M	1 0 0 M			
PB	00:30.69	01:03.91			
	00:30.69	00:33.22			
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 17:00	
Heat: 2/7 Lane : 0 Athlete: BERTE LISE					Q-time: 03:52:25	
PB (50m pool): 03:52.25 MOUSCRON 29/05/2025					PB (25m pool): 04:04.78 SB: 03:52.68 Kortrijk 26/12/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:50.14	01:49.04	02:50.16	03:52.25		
	00:50.14	00:58.90	01:01.12	01:02.09		
						

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 17:00	
Heat: 2/7 Lane : 8 Athlete: VAN DE WALLE NORA					Q-time: 03:51:23	
PB (50m pool): 03:51.23 Aalst 21/12/2024					PB (25m pool): no time SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:51.34	01:51.10	02:52.63	03:51.23		
	00:51.34	00:59.76	01:01.53	00:58.60		
						

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 17:00	
Heat: 2/7 Lane : 9 Athlete: DE KETELAERE FEBE					Q-time: 04:14:85	
PB (50m pool): 04:14.85 MOUSCRON 29/05/2025					PB (25m pool): 04:02.35 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:54.71	02:00.95	03:08.05	04:14.85		
	00:54.71	01:06.24	01:07.10	01:06.80		
						

Coach feedback:

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Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 17:05
Heat: 3/7 Lane : 9 Athlete: VAN LIERDE ROOS					Q-time: 03:42:24
PB (50m pool): no time					PB (25m pool): 03:42.24 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: 40: 200M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 17:15
Heat: 5/7 Lane : 6 Athlete: PAUWELS MARGO					Q-time: 03:07:66
PB (50m pool): 03:07.66 Antwerpen 13/07/2025					PB (25m pool): 03:02.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.83	01:30.83	02:19.47	03:07.66	
	00:42.83	00:48.00	00:48.64	00:48.19	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 17:30
Heat: 2/7 Lane : 3 Athlete: CARLIER REMI					Q-time: 03:38:36
PB (50m pool): no time					PB (25m pool): 03:38.36 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: 41: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 17:35
Heat: 3/7 Lane : 5 Athlete: VAN BRAECKEL SEPPE					Q-time: 03:00:66
PB (50m pool): 03:00.66 Kortrijk 26/12/2025					PB (25m pool): 02:49.36 SB: 03:00.66 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.64	01:28.22	02:14.93	03:00.66	
	00:41.64	00:46.58	00:46.71	00:45.73	
					

Coach feedback:

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Event number: 41: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 17:35
Heat: 3/7 Lane : 8 Athlete: DE REGGE MATTEO					Q-time: 03:10:35
PB (50m pool): 03:10.35 Antwerpen 13/07/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.22	01:33.53	02:24.80	03:10.35	
	00:45.22	00:48.31	00:51.27	00:45.55	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 17:35
Heat: 4/7 Lane : 7 Athlete: BOONEN KAREL					Q-time: 02:51:83
PB (50m pool): 02:51.83 Antwerpen 20/04/2025 PB (25m pool): 02:41.52 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.58	01:23.39	02:07.66	02:51.83	
	00:39.58	00:43.81	00:44.27	00:44.17	
					

Coach feedback:

Event number: 42: 100M BACKSTROKE WOMEN 17+			Heat:1, starttime: 17:50		
Heat: 1/2 Lane : 3 Athlete: CARLIER ALICE			Q-time: 01:18:40		
PB (50m pool): 01:18.40 Antwerpen 13/07/2025 PB (25m pool): 01:17.58 SB: no time					
	5 0 M	1 0 0 M			
PB	00:38.61	01:18.40			
	00:38.61	00:39.79			
					

Coach feedback:

Event number: 42: 100M BACKSTROKE WOMEN 17+			Heat:1, starttime: 17:50		
Heat: 1/2 Lane : 4 Athlete: STERKEN NILA			Q-time: 01:14:47		
PB (50m pool): 01:14.47 Antwerpen 13/07/2025 PB (25m pool): 01:11.11 SB: no time					
	5 0 M	1 0 0 M			
PB	00:35.22	01:14.47			
	00:35.22	00:39.25			
					

Coach feedback:

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Event number: 42: 100M BACKSTROKE WOMEN 17+			Heat:1, starttime: 17:50
Heat: 1/2 Lane : 8 Athlete: VAN HOEY TESS			Q-time: 01:45:18
PB (50m pool): no time			PB (25m pool): 01:52.89 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback: