

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

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

Coaches: Meirhaeghe Jens

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:5, starttime: 14:55	
Heat: 5/5 Lane : 0 Athlete: MALFAIT LIZANNA (LIZI)							Q-time: 04:47:58	
PB (50m pool): 04:47.58 Antwerpen 20/07/2025				PB (25m pool): 04:39.66SB: 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	00:32.15	01:08.27	01:46.39	02:22.95	02:59.58	03:36.96	04:13.04	04:47.58
	00:32.15	00:36.12	00:38.12	00:36.56	00:36.63	00:37.38	00:36.08	00:34.54
								

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:4, starttime: 15:10				
Heat: 4/12 Lane : 7 Athlete: DE VLIAGER ELIOTT					Q-time: 02:31:36				
PB (50m pool): 02:31.36 Kortrijk 26/12/2025					PB (25m pool): 02:23.85 SB: 02:31.36 Kortrijk 26/12/2025				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M					
PB	00:33.50	01:12.10	01:51.92	02:31.36					
	00:33.50	00:38.60	00:39.82	00:39.44					
									

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+										Heat:10, starttime: 16:05	
Heat: 10/14 Lane : 7 Athlete: MALFAIT LIZANNA (LIZI)										Q-time: 00:33:26	
PB (50m pool): 00:33.26 La Louvière 25/05/2025										PB (25m pool): 00:31.59 SB: no time	
	5 0 M										
PB	00:33.26										
	00:33.26										
											

Coach feedback:

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Event number: 34: 50M BUTTERFLY WOMEN 13+				Heat:14, starttime: 16:10
Heat: 14/14 Lane : 7 Athlete: BEIJNSBERGER MARE				Q-time: 00:29:63
PB (50m pool): 00:29.63 Antwerpen 27/07/2025 PB (25m pool): 00:33.71 SB: no time				
	5 0 M			
PB	00:29.63			
	00:29.63			
				

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 17:30
Heat: 2/7 Lane : 5 Athlete: DE VLIIEGER ELIOTT					Q-time: 03:23:47
PB (50m pool): 03:23.47 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:59.10 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	03:23.47	
	no time				
					

Coach feedback: