

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

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

Coaches: Claeys Arthur

Coaches: Lasoen Sam

Coaches: Schepens Thiele

Coaches: Buyck Tine

Coaches: Vervynckt Nathalie HEADCOACH

Coaches: Vlamijnck Robin

PB => Personal Best time

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

Event number: 31: 200M FREESTYLE MEN 13+					Heat:6, starttime: 15:15
Heat: 6/12 Lane : 5 Athlete: DEGRANDE VIC					Q-time: 02:20:25
PB (50m pool): 02:25.80 Antwerpen 13/07/2025					PB (25m pool): 02:20.25 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.02	01:09.89	01:48.00	02:25.80	
	00:33.02	00:36.87	00:38.11	00:37.80	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:12, starttime: 15:30
Heat: 12/12 Lane : 5 Athlete: DHOOGHE LIAM					Q-time: 01:57:36
PB (50m pool): 02:02.07 Antwerpen 27/07/2025					PB (25m pool): 01:57.36 SB: 02:04.91 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.77	00:59.47	01:31.28	02:02.07	
	00:27.77	00:31.70	00:31.81	00:30.79	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:12, starttime: 15:30
Heat: 12/12 Lane : 8 Athlete: VROMAN WOUT					Q-time: 02:02:99
PB (50m pool): 02:06.63 Aalst 28/06/2025					PB (25m pool): 02:02.99 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.88	01:01.48	01:34.39	02:06.63	
	00:29.88	00:31.60	00:32.91	00:32.24	
					

Coach feedback:

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Event number: 34: 50M BUTTERFLY WOMEN 13+				Heat:10, starttime: 16:05	
Heat: 10/14 Lane : 6 Athlete: DE SMUL PAULINE				Q-time: 00:33:12	
PB (50m pool): 00:33.60 Kortrijk 04/05/2025				PB (25m pool): 00:33.12 SB: 00:33.68 Wezenberg 03/01/2026	
	5 0 M				
PB	00:33.60				
	00:33.60				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+				Heat:11, starttime: 16:05	
Heat: 11/14 Lane : 1 Athlete: VLAMIJNCK LORE				Q-time: 00:32:71	
PB (50m pool): 00:32.71 MOUSCRON 29/05/2025				PB (25m pool): 00:32.67 SB: 00:33.76 Wezenberg 03/01/2026	
	5 0 M				
PB	00:32.71				
	00:32.71				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+				Heat:11, starttime: 16:05	
Heat: 11/14 Lane : 5 Athlete: DE GRAVE LIZE				Q-time: 00:32:36	
PB (50m pool): 00:32.85 Wezenberg 03/01/2026				PB (25m pool): 00:32.36 SB: 00:32.85 Wezenberg 03/01/2026	
	5 0 M				
PB	00:32.85				
	00:32.85				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+				Heat:14, starttime: 16:10	
Heat: 14/14 Lane : 2 Athlete: VAN AVONDT LINA				Q-time: 00:29:49	
PB (50m pool): 00:30.57 Wezenberg 03/01/2026				PB (25m pool): 00:29.49 SB: 00:30.57 Wezenberg 03/01/2026	
	5 0 M				
PB	00:30.57				
	00:30.57				
					

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 15+					Heat:4, starttime: 16:35
Heat: 4/6 Lane : 0 Athlete: DEGRANDE VIC					Q-time: 02:36:65
PB (50m pool): 02:42.08 Antwerp 26/01/2025					PB (25m pool): 02:36.65 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.52	01:16.27	02:05.09	02:42.08	
	00:35.52	00:40.75	00:48.82	00:36.99	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:5, starttime: 16:40
Heat: 5/6 Lane : 5 Athlete: DHOOGE LIAM					Q-time: 02:27:57
PB (50m pool): 02:27.57 MOUSCRON 29/05/2025					PB (25m pool): 02:31.79 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.96	01:08.75	01:55.85	02:27.57	
	00:30.96	00:37.79	00:47.10	00:31.72	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:5, starttime: 16:40
Heat: 5/6 Lane : 8 Athlete: VROMAN WOUT					Q-time: 02:30:58
PB (50m pool): 02:30.58 Antwerpen 27/07/2025					PB (25m pool): 02:33.43 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.66	01:10.49	01:57.65	02:30.58	
	00:32.66	00:37.83	00:47.16	00:32.93	
					

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:3, starttime: 16:50		
Heat: 3/4 Lane : 0 Athlete: DE SMUL PAULINE			Q-time: 01:04:84		
PB (50m pool): 01:06.74 Kortrijk 04/05/2025			PB (25m pool): 01:04.84 SB: no time		
	5 0 M	1 0 0 M			
PB	00:32.14	01:06.74			
	00:32.14	00:34.60			
					

Coach feedback:

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Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:4, starttime: 16:50
Heat: 4/4 Lane : 0 Athlete: DE GRAVE LIZE			Q-time: 01:02:20
PB (50m pool): 01:03.37 Antwerpen 27/07/2025			PB (25m pool): 01:02.20 SB: 01:04.54 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:03.37	
	no time		
			

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:4, starttime: 16:50
Heat: 4/4 Lane : 5 Athlete: VAN AVONDT LINA			Q-time: 00:58:93
PB (50m pool): 00:59.57 Luxembourg 01/02/2026			PB (25m pool): 00:58.47 SB: 00:59.57 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:28.68	00:59.57	
	00:28.68	00:30.89	
			

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:4, starttime: 16:50
Heat: 4/4 Lane : 9 Athlete: VLAMIJNCK LORE			Q-time: 01:02:52
PB (50m pool): 01:02.97 Antwerp 21/01/2024			PB (25m pool): 01:01.15 SB: 01:05.41 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:02.97	
	no time		
			

Coach feedback:

Event number: 42: 100M BACKSTROKE WOMEN 17+			Heat:2, starttime: 17:55
Heat: 2/2 Lane : 1 Athlete: VLAMIJNCK LORE			Q-time: 01:11:61
PB (50m pool): 01:13.15 Antwerpen 27/07/2025			PB (25m pool): 01:11.12 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.48	01:13.15	
	00:35.48	00:37.67	
			

Coach feedback:

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

Event number: 42: 100M BACKSTROKE WOMEN 17+			Heat:2, starttime: 17:55
Heat: 2/2 Lane : 3 Athlete: VAN AVONDT LINA			Q-time: 01:07:47
PB (50m pool): 01:11.32 Kortrijk 04/05/2025			PB (25m pool): 01:07.47 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.65	01:11.32	
	00:34.65	00:36.67	
			

Coach feedback:

Event number: 42: 100M BACKSTROKE WOMEN 17+			Heat:2, starttime: 17:55
Heat: 2/2 Lane : 7 Athlete: DE SMUL PAULINE			Q-time: 01:11:60
PB (50m pool): 01:14.43 Antwerpen 27/07/2025			PB (25m pool): 01:11.60 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:14.43	
	no time		
			

Coach feedback:

Event number: 42: 100M BACKSTROKE WOMEN 17+			Heat:2, starttime: 17:55
Heat: 2/2 Lane : 8 Athlete: DE GRAVE LIZE			Q-time: 01:12:98
PB (50m pool): 01:18.77 Kortrijk 04/05/2025			PB (25m pool): 01:12.98 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.79	01:18.77	
	00:37.79	00:40.98	
			

Coach feedback: