

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

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

Coaches: Vandermeulen Eric

Coaches: Goossens Nicole HEADCOACH

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 : 1 Athlete: DELPORTE LOTTE Q-time: 04:42:37

PB (50m pool): 04:46.61 Antwerpen 27/07/2025 PB (25m pool): 04:42.37 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	00:34.71	01:10.28	01:46.03	02:22.29	02:57.89	03:34.83	04:11.40	04:46.61
	00:34.71	00:35.57	00:35.75	00:36.26	00:35.60	00:36.94	00:36.57	00:35.21
								

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+ Heat:7, starttime: 15:20

Heat: 7/12 Lane : 4 Athlete: VANHAVERE DAAN Q-time: 02:15:36

PB (50m pool): 02:27.81 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:15.36 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.66	01:12.70	01:51.93	02:27.81	
	00:34.66	00:38.04	00:39.23	00:35.88	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+ Heat:8, starttime: 15:20

Heat: 8/12 Lane : 2 Athlete: VAN GOETHEM ARTHUR Q-time: 02:13:40

PB (50m pool): 02:23.78 Aalst 11/05/2025 PB (25m pool): 02:13.37 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.15	01:09.50	01:47.47	02:23.78	
	00:32.15	00:37.35	00:37.97	00:36.31	
					

Coach feedback:

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

Event number: 31: 200M FREESTYLE MEN 13+					Heat:9, starttime: 15:25
Heat: 9/12 Lane : 0 Athlete: VERHAGEN TOON					Q-time: 02:11:75
PB (50m pool): 02:22.84 Aalst 11/05/2025 PB (25m pool): 02:11.75 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.69	01:09.08	01:46.07	02:22.84	
	00:32.69	00:36.39	00:36.99	00:36.77	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:9, starttime: 15:25
Heat: 9/12 Lane : 1 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:10:72
PB (50m pool): 02:18.84 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:10.72 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.82	01:07.21	01:43.89	02:18.84	
	00:31.82	00:35.39	00:36.68	00:34.95	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:9, starttime: 15:25
Heat: 9/12 Lane : 9 Athlete: BEN AYAD NAOUFAL					Q-time: 02:12:11
PB (50m pool): 02:17.67 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:12.11 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.20	01:07.43	01:43.37	02:17.67	
	00:32.20	00:35.23	00:35.94	00:34.30	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:10, starttime: 15:25
Heat: 10/12 Lane : 1 Athlete: EL BOUHDIDI ISLAM					Q-time: 02:07:99
PB (50m pool): 02:11.02 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:07.99 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.53	01:03.87	01:39.09	02:11.02	
	00:30.53	00:33.34	00:35.22	00:31.93	
					

Coach feedback:

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

Event number: 31: 200M FREESTYLE MEN 13+					Heat:10, starttime: 15:25
Heat: 10/12 Lane : 7 Athlete: VERHAGEN ROBBE					Q-time: 02:07:87
PB (50m pool): 02:11.73 Aalst 11/05/2025					PB (25m pool): 02:07.56 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.76	01:02.58	01:36.80	02:11.73	
	00:29.76	00:32.82	00:34.22	00:34.93	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:8, starttime: 15:45
Heat: 8/9 Lane : 9 Athlete: DE BRABANDER CELESTE					Q-time: 00:38:20
PB (50m pool): no time					PB (25m pool): 00:38.20 SB: no time
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+					Heat:7, starttime: 15:55
Heat: 7/7 Lane : 2 Athlete: VAN DE GENDER WOUT					Q-time: 00:29:40
PB (50m pool): 00:30.05 Aalst 11/05/2025					PB (25m pool): 00:29.40 SB: no time
	5 0 M				
PB	00:30.05				
	00:30.05				
					

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+					Heat:2, starttime: 15:55
Heat: 2/14 Lane : 9 Athlete: DELPORTE LOTTE					Q-time: 99:99:99
PB (50m pool): 00:45.60 Aalst 24/02/2019					PB (25m pool): 00:36.41 SB: no time
	5 0 M				
PB	00:45.60				
	00:45.60				
					

Coach feedback:

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

Event number: 37: 200M MEDLEY MEN 15+					Heat:3, starttime: 16:30
Heat: 3/6 Lane : 4 Athlete: VERHAGEN TOON					Q-time: 02:38:32
PB (50m pool): 03:04.93 Aalst 22/06/2024					PB (25m pool): 02:38.32 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	03:04.93	
	no time				
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:3, starttime: 16:30
Heat: 3/6 Lane : 6 Athlete: VANHAVERE DAAN					Q-time: 02:41:53
PB (50m pool): 03:16.30 Gent (Rozebroeken) 03/03/2024					PB (25m pool): 02:41.53 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	03:16.30	
	no time				
					

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+					Heat:3, starttime: 16:50
Heat: 3/4 Lane : 8 Athlete: VERHULST JENTE					Q-time: 01:04:15
PB (50m pool): 01:04.15 Antwerp 02/02/2025					PB (25m pool): 01:03.85 SB: no time
	5 0 M	1 0 0 M			
PB	00:30.80	01:04.15			
	00:30.80	00:33.35			
					

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+					Heat:4, starttime: 16:50
Heat: 4/4 Lane : 7 Athlete: DELPORTE LOTTE					Q-time: 01:01:74
PB (50m pool): 01:04.32 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 01:01.74 SB: no time
	5 0 M	1 0 0 M			
PB	00:30.73	01:04.32			
	00:30.73	00:33.59			
					

Coach feedback:

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

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 17:15
Heat: 5/7 Lane : 2 Athlete: DE SMET AMÉLIE					Q-time: 03:07:94
PB (50m pool): no time PB (25m pool): 03:07.94 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:6, starttime: 17:15
Heat: 6/7 Lane : 5 Athlete: DE BRABANDER CELESTE					Q-time: 02:57:48
PB (50m pool): 03:04.21 Antwerpen 20/07/2025 PB (25m pool): 02:57.48 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.35	01:28.67	02:17.10	03:04.21	
	00:41.35	00:47.32	00:48.43	00:47.11	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:5, starttime: 17:40
Heat: 5/7 Lane : 5 Athlete: BOURDIAUDHY THIBAU					Q-time: 02:39:69
PB (50m pool): 02:39.69 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:46.73 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.70	01:19.94	02:01.19	02:39.69	
	00:38.70	00:41.24	00:41.25	00:38.50	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:6, starttime: 17:45
Heat: 6/7 Lane : 5 Athlete: VAN GOETHEM ARTHUR					Q-time: 02:29:34
PB (50m pool): 02:36.49 Antwerpen 20/07/2025 PB (25m pool): 02:29.34 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.21	01:16.02	01:57.22	02:36.49	
	00:36.21	00:39.81	00:41.20	00:39.27	
					

Coach feedback:

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

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:6, starttime: 17:45
Heat: 6/7 Lane : 6 Athlete: VERHAGEN TOON					Q-time: 02:31:58
PB (50m pool): 02:48.26 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:31.58 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.73	01:24.16	02:07.14	02:48.26	
	00:40.73	00:43.43	00:42.98	00:41.12	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:7, starttime: 17:50
Heat: 7/7 Lane : 1 Athlete: VERHAGEN ROBBE					Q-time: 02:22:16
PB (50m pool): 02:28.35 Antwerpen 28/07/2024 PB (25m pool): 02:22.16 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	02:28.35	
	no time				
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:7, starttime: 17:50
Heat: 7/7 Lane : 6 Athlete: VAN DE GENDER WOUT					Q-time: 02:17:21
PB (50m pool): 02:21.40 Antwerpen 20/04/2025 PB (25m pool): 02:17.21 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.00	01:08.28	01:45.20	02:21.40	
	00:33.00	00:35.28	00:36.92	00:36.20	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:7, starttime: 17:50
Heat: 7/7 Lane : 9 Athlete: BEN AYAD NAOUFAL					Q-time: 02:27:80
PB (50m pool): 02:42.47 WACHTEBEKE 19/01/2025 PB (25m pool): 02:27.80 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:20.20	no time	02:42.47	
	no time				
					

Coach feedback:

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

Event number: 42: 100M BACKSTROKE WOMEN 17+			Heat:1, starttime: 17:50
Heat: 1/2 Lane : 2 Athlete: VERHULST JENTE			Q-time: 01:19:63
PB (50m pool): 01:21.34 Antwerp 04/02/2024			PB (25m pool): 01:19.63 SB: 01:24.65 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:21.34	
	no time		
			

Coach feedback:

Event number: 42: 100M BACKSTROKE WOMEN 17+			Heat:2, starttime: 17:55
Heat: 2/2 Lane : 2 Athlete: DELPORTE LOTTE			Q-time: 01:09:78
PB (50m pool): 01:13.35 Antwerpen 20/04/2025			PB (25m pool): 01:09.78 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.53	01:13.35	
	00:35.53	00:37.82	
			

Coach feedback:

Event number: 43: 100M BUTTERFLY MEN 17+			Heat:2, starttime: 17:55
Heat: 2/3 Lane : 3 Athlete: EL BOUHDIDI ISLAM			Q-time: 01:06:24
PB (50m pool): 01:08.52 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:06.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.44	01:08.52	
	00:31.44	00:37.08	
			

Coach feedback: