

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

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

Coaches: Van Den Broeck Dennis

Coaches: Wouters Karen

Coaches: Kennes Kylian

Coaches: Martens Jelle

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:2, starttime: 14:35	
Heat: 2/5 Lane : 7 Athlete: REYNIERS FIEN							Q-time: 05:25:73	
PB (50m pool): no time			PB (25m pool): 05:25.73 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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:4, starttime: 15:10
Heat: 4/12 Lane : 5 Athlete: VERSPECHT KOBE				Q-time: 02:30:20	
PB (50m pool): 02:30.20 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:23.25 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.93	01:12.62	01:52.76	02:30.20	
	00:33.93	00:38.69	00:40.14	00:37.44	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:8, starttime: 15:20
Heat: 8/12 Lane : 9 Athlete: BAKX WARRE				Q-time: 02:14:75	
PB (50m pool): 02:14.75 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:06.35 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.66	01:03.48	01:39.24	02:14.75	
	00:29.66	00:33.82	00:35.76	00:35.51	
					

Coach feedback:

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Event number: 32: 50M BREASTSTROKE WOMEN 13+										Heat:3, starttime: 15:35																				
Heat: 3/9 Lane : 5 Athlete: DE TOLLENAERE LAURA																				Q-time: 00:45:86										
PB (50m pool): 00:45.86 Wezenberg 03/01/2026										PB (25m pool): 00:44.75 SB: 00:45.86 Wezenberg 03/01/2026																				
	5 0 M																													
PB	00:45.86																													
	00:45.86																													
																														

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+							Heat:5, starttime: 15:40	
Heat: 5/9 Lane : 2 Athlete: JACOBS ROXANNE							Q-time: 00:43:18	
PB (50m pool): 00:43.18 Wezenberg 05/01/2025							PB (25m pool): 00:40.88 SB: no time	
	5 0 M							
PB	00:43.18							
	00:43.18							
								

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+							Heat:5, starttime: 15:40		
Heat: 5/9 Lane : 7 Athlete: NUYTKENS MARIE							Q-time: 00:43:47		
PB (50m pool): 00:43.47 Wezenberg 04/01/2026							PB (25m pool): 00:43.26 SB: 00:43.47 Wezenberg 04/01/2026		
	5 0 M								
PB	00:43.47								
	00:43.47								
									

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+							Heat:9, starttime: 15:45		
Heat: 9/9 Lane : 8 Athlete: VAN DEN EEDE OLIVIA							Q-time: 00:36:71		
PB (50m pool): 00:36.71 Antwerpen 27/07/2025							PB (25m pool): 00:35.23SB: 00:37.00 Wezenberg 03/01/2026		
	5 0 M								
PB	00:36.71								
	00:36.71								
									

Coach feedback:

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Event number: 34: 50M BUTTERFLY WOMEN 13+							Heat:3, starttime: 15:55		
Heat: 3/14 Lane : 6 Athlete: DE TOLLENAERE LAURA							Q-time: 00:40:97		
PB (50m pool): 00:40.97 Wezenberg 03/01/2026							PB (25m pool): 00:41.25 SB: 00:40.97 Wezenberg 03/01/2026		
	5 0 M								
PB	00:40.97								
	00:40.97								
									

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+					Heat:4, starttime: 16:00				
Heat: 4/14 Lane : 2 Athlete: REYNIERS FIEN					Q-time: 00:39:86				
PB (50m pool): 00:39.86 Wezenberg 03/01/2026					PB (25m pool): 00:40.19SB: 00:39.86 Wezenberg 03/01/2026				
	5 0 M								
PB	00:39.86								
	00:39.86								
									

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+										Heat:5, starttime: 16:00																				
Heat: 5/14 Lane : 4 Athlete: VERSPECHT KAAAT																				Q-time: 00:37:75										
PB (50m pool): 00:37.75 Wezenberg 04/01/2026										PB (25m pool): 00:37.64SB: 00:37.75 Wezenberg 04/01/2026																				
	5 0 M																													
PB	00:37.75																													
	00:37.75																													
																														

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+				Heat:8, starttime: 16:00	
Heat: 8/14 Lane : 0 Athlete: JACOBS LAURIEN				Q-time: 00:35:27	
PB (50m pool): 00:35.27 Wezenberg 05/01/2025				PB (25m pool): 00:35.25SB: no time	
	5 0 M				
PB	00:35.27				
	00:35.27				
					

Coach feedback:

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Event number: 34: 50M BUTTERFLY WOMEN 13+							Heat:9, starttime: 16:05	
Heat: 9/14 Lane : 8 Athlete: JACOBS ROXANNE							Q-time: 00:34:06	
PB (50m pool): 00:34.06 Antwerpen 13/07/2025							PB (25m pool): 00:33.79 SB: no time	
	5 0 M							
PB	00:34.06							
	00:34.06							
								

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+							Heat:11, starttime: 16:05		
Heat: 11/14 Lane : 8 Athlete: GEENS AMÉLIE							Q-time: 00:32:73		
PB (50m pool): 00:32.73 Wezenberg 03/01/2026							PB (25m pool): 00:31.82 SB: 00:32.73 Wezenberg 03/01/2026		
	5 0 M								
PB	00:32.73								
	00:32.73								
									

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+							Heat:14, starttime: 16:10		
Heat: 14/14 Lane : 4 Athlete: DALEMANS LYN							Q-time: 00:28:90		
PB (50m pool): 00:28.90 Antwerpen 27/07/2025							PB (25m pool): 00:28.98SB: 00:29.58 Wezenberg 03/01/2026		
	5 0 M								
PB	00:28.90								
	00:28.90								
									

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+				Heat:2, starttime: 16:30	
Heat: 2/6 Lane : 4 Athlete: VERSPECHT KOBE				Q-time: 02:46:84	
PB (50m pool): no time				PB (25m pool): 02:46.84 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:

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

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:2, starttime: 16:45
Heat: 2/4 Lane : 2 Athlete: JACOBS LAURIEN			Q-time: 01:08:17
PB (50m pool): 01:08.17 Wezenberg 05/01/2025			PB (25m pool): 01:08.15 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.70	01:08.17	
	00:32.70	00:35.47	
			

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:2, starttime: 16:45
Heat: 2/4 Lane : 4 Athlete: VERSPECHT LIEN			Q-time: 01:05:65
PB (50m pool): 01:05.65 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:04.96 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.22	01:05.65	
	00:31.22	00:34.43	
			

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:3, starttime: 16:50
Heat: 3/4 Lane : 3 Athlete: GEENS AMÉLIE			Q-time: 01:03:34
PB (50m pool): 01:03.34 Aalst 11/05/2025			PB (25m pool): 01:02.53 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.81	01:03.34	
	00:30.81	00:32.53	
			

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:4, starttime: 16:50
Heat: 4/4 Lane : 3 Athlete: DALEMANS LYN			Q-time: 00:59:03
PB (50m pool): 00:59.03 Antwerpen 27/07/2025			PB (25m pool): 00:58.38 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.57	00:59.03	
	00:28.57	00:30.46	
			

Coach feedback:

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Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 17:20
Heat: 7/7 Lane : 6 Athlete: VAN DEN EEDE OLIVIA					Q-time: 02:51:49
PB (50m pool): 02:51.49 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:46.25 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.95	01:23.86	02:08.11	02:51.49	
	00:39.95	00:43.91	00:44.25	00:43.38	
					

Coach feedback: