

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

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

Coaches: Van Vlasselaer Eva

Coaches: Wauters Tine HEADCOACH

Coaches: Callebaut Joris

Coaches: Lelong Christel

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:3, starttime: 14:40	
Heat: 3/5 Lane : 4 Athlete: THIJS MAAIKE							Q-time: 05:04:75	
PB (50m pool): 05:04.75 Antwerp 09/02/2025				PB (25m pool): 04:54.63SB: 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	00:35.70	01:13.14	01:52.21	02:30.83	03:10.02	03:48.93	04:28.41	05:04.75
	00:35.70	00:37.44	00:39.07	00:38.62	00:39.19	00:38.91	00:39.48	00:36.34
								

Coach feedback:

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:4, starttime: 14:50	
Heat: 4/5 Lane : 1 Athlete: VELDHUIS VICTORIA							Q-time: 04:56:81	
PB (50m pool): 04:56.81 Antwerp 09/02/2025				PB (25m pool): 04:40.00 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	00:33.16	01:10.13	01:47.75	02:26.06	03:03.58	03:41.88	04:20.04	04:56.81
	00:33.16	00:36.97	00:37.62	00:38.31	00:37.52	00:38.30	00:38.16	00:36.77
								

Coach feedback:

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:4, starttime: 14:50	
Heat: 4/5 Lane : 2 Athlete: UYTTERHOEVEN FLO							Q-time: 04:53:54	
PB (50m pool): 05:58.85 Antwerpen 13/02/2022				PB (25m pool): 04:53.54 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	05:58.85
	<i>no time</i>							
								

Coach feedback:

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Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:4, starttime: 14:50	
Heat: 4/5 Lane : 3 Athlete: BOHMER JANNE							Q-time: 04:52:44	
PB (50m pool): 04:52.44 Antwerp 09/02/2025				PB (25m pool): 04:44.93SB: 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	00:33.74	01:10.35	01:47.48	02:24.91	03:02.56	03:39.59	04:16.51	04:52.44
	00:33.74	00:36.61	00:37.13	00:37.43	00:37.65	00:37.03	00:36.92	00:35.93
								

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:9, starttime: 15:25
Heat: 9/12 Lane : 4 Athlete: VAN DER BORGHT FLORIS					Q-time: 02:09:19
PB (50m pool): 02:09.19 Antwerp 09/02/2025			PB (25m pool): 02:04.14 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.73	01:02.74	01:36.06	02:09.19	
	00:29.73	00:33.01	00:33.32	00:33.13	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:9, starttime: 15:25
Heat: 9/12 Lane : 7 Athlete: PELGRIMS LOWIE				Q-time: 02:10:46	
PB (50m pool): 02:10.46 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:05.52 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.98	01:03.49	01:37.81	02:10.46	
	00:29.98	00:33.51	00:34.32	00:32.65	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:9, starttime: 15:25
Heat: 9/12 Lane : 8 Athlete: VAN GRUNDERBEECK BAS					Q-time: 02:11:37
PB (50m pool): 02:11.37 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:02.83 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.37	01:04.35	01:39.01	02:11.37	
	00:30.37	00:33.98	00:34.66	00:32.36	
					

Coach feedback:

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Event number: 31: 200M FREESTYLE MEN 13+					Heat:10, starttime: 15:25
Heat: 10/12 Lane : 2 Athlete: GEENS DRé					Q-time: 02:07:80
PB (50m pool): 02:07.80 Antwerpen 27/07/2025 PB (25m pool): 02:03.16 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.55	01:01.26	01:34.68	02:07.80	
	00:28.55	00:32.71	00:33.42	00:33.12	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 15:40
Heat: 6/9 Lane : 4 Athlete: DECALUWé HELENA					Q-time: 00:40:81
PB (50m pool): 00:40.81 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:36.81 SB: no time					
	5 0 M				
PB	00:40.81				
	00:40.81				
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:9, starttime: 15:45
Heat: 9/9 Lane : 5 Athlete: CAES OONE					Q-time: 00:33:64
PB (50m pool): 00:33.64 Antwerpen 27/07/2025 PB (25m pool): 00:32.62 SB: no time					
	5 0 M				
PB	00:33.64				
	00:33.64				
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:9, starttime: 15:45
Heat: 9/9 Lane : 7 Athlete: VERELST LAURA					Q-time: 00:36:51
PB (50m pool): 00:36.51 Antwerpen 27/07/2025 PB (25m pool): 00:35.75 SB: no time					
	5 0 M				
PB	00:36.51				
	00:36.51				
					

Coach feedback:

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Event number: 33: 50M BACKSTROKE MEN 13+		Heat:7, starttime: 15:55
Heat: 7/7 Lane : 0 Athlete: DECALUWé GEORGES		Q-time: 00:30:19
PB (50m pool): 00:30.19 Antwerpen 27/07/2025 PB (25m pool): 00:29.33 SB: no time		
	5 0 M	
PB	00:30.19	
	00:30.19	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:8, starttime: 16:00
Heat: 8/14 Lane : 3 Athlete: UYTTERHOEVEN FLO		Q-time: 00:34:48
PB (50m pool): no time PB (25m pool): 00:34.48 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:9, starttime: 16:05
Heat: 9/14 Lane : 3 Athlete: DECALUWé HELENA		Q-time: 00:33:64
PB (50m pool): 00:33.64 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.15 SB: no time		
	5 0 M	
PB	00:33.64	
	00:33.64	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:11, starttime: 16:05
Heat: 11/14 Lane : 3 Athlete: BOHMER JANNE		Q-time: 00:32:49
PB (50m pool): 00:32.49 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:32.96 SB: no time		
	5 0 M	
PB	00:32.49	
	00:32.49	
		

Coach feedback:

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Event number: 34: 50M BUTTERFLY WOMEN 13+			Heat:12, starttime: 16:05
Heat: 12/14 Lane : 6 Athlete: THIJS MAAIKE			Q-time: 00:31:96
PB (50m pool): 00:31.96 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:31.53 SB: no time			
	5 0 M		
PB	00:31.96		
	00:31.96		
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:10, starttime: 16:20
Heat: 10/12 Lane : 9 Athlete: VAN GRUNDERBEECK BAS			Q-time: 00:26:80
PB (50m pool): 00:26.80 Antwerp 02/02/2025 PB (25m pool): 00:25.16 SB: no time			
	5 0 M		
PB	00:26.80		
	00:26.80		
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:11, starttime: 16:20
Heat: 11/12 Lane : 4 Athlete: GEENS DRé			Q-time: 00:26:14
PB (50m pool): 00:26.14 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:25.55 SB: no time			
	5 0 M		
PB	00:26.14		
	00:26.14		
			

Coach feedback:

Event number: 38: 100M FREESTYLE WOMEN 17+			Heat:3, starttime: 16:50
Heat: 3/4 Lane : 2 Athlete: VELDHUIS VICTORIA			Q-time: 01:03:91
PB (50m pool): 01:03.91 Antwerp 09/02/2025 PB (25m pool): 01:01.77 SB: no time			
	5 0 M	1 0 0 M	
PB	00:30.97	01:03.91	
	00:30.97	00:32.94	
			

Coach feedback:

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Event number: 39: 100M BREASTSTROKE MEN 17+					Heat:2, starttime: 16:55	
Heat: 2/3 Lane : 5 Athlete: GEENS DRé					Q-time: 01:16:57	
PB (50m pool): 01:16.57 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:11.82SB: no time						
	5 0 M	1 0 0 M				
PB	00:35.14	01:16.57				
	00:35.14	00:41.43				
						

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 17:20
Heat: 7/7 Lane : 1 Athlete: VERELST LAURA				Q-time: 02:52:22	
PB (50m pool): 02:52.22 Antwerpen 27/07/2025					
PB (25m pool): 02:48.10 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.00	01:23.28	02:08.34	02:52.22	
	00:39.00	00:44.28	00:45.06	00:43.88	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:7, starttime: 17:50	
Heat: 7/7 Lane : 0 Athlete: DECALUWé GEORGES					Q-time: 02:27:73	
PB (50m pool): 02:27.73 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:19.47 SB: no time						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:33.95	01:11.40	01:49.76	02:27.73		
	00:33.95	00:37.45	00:38.36	00:37.97		
						

Coach feedback:

Event number: 42: 100M BACKSTROKE WOMEN 17+				Heat:2, starttime: 17:55	
Heat: 2/2 Lane : 6 Athlete: CAES OONE				Q-time: 01:09:56	
PB (50m pool): 01:14.25 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 01:09.56 SB: no time					
	5 0 M	1 0 0 M			
PB	no time	01:14.25			
	no time				
					

Coach feedback:

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Event number: 43: 100M BUTTERFLY MEN 17+			Heat:3, starttime: 18:00
Heat: 3/3 Lane : 0 Athlete: VAN DER BORGHT FLORIS			Q-time: 01:04:54
PB (50m pool): 01:04.54 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:02.51 SB: no time			
	5 0 M	1 0 0 M	
PB	00:30.08	01:04.54	
	00:30.08	00:34.46	
			

Coach feedback:

Event number: 43: 100M BUTTERFLY MEN 17+			Heat:3, starttime: 18:00
Heat: 3/3 Lane : 8 Athlete: PELGRIMS LOWIE			Q-time: 01:04:15
PB (50m pool): 01:04.15 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:01.76 SB: no time			
	5 0 M	1 0 0 M	
PB	00:29.44	01:04.15	
	00:29.44	00:34.71	
			

Coach feedback: