

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

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

Coaches: Van Schoor Els HEADCOACH

Coaches: Delissen Kim

PB => Personal Best time

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

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:1, starttime: 14:30	
Heat: 1/5 Lane : 4 Athlete: NULENS LILI							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 05:49.74SB: 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
	no time							
								

Coach feedback:

Event number: 30: 400M FREESTYLE WOMEN 15+							Heat:2, starttime: 14:35	
Heat: 2/5 Lane : 1 Athlete: DE SCHEPPER LARA							Q-time: 05:30:46	
PB (50m pool): 05:30.46 Mol 22/06/2025				PB (25m pool): 05:23.35SB: 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	00:38.27	01:20.70	02:02.94	02:45.89	03:28.87	04:10.92	04:51.02	05:30.46
	00:38.27	00:42.43	00:42.24	00:42.95	00:42.98	00:42.05	00:40.10	00:39.44
								

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:1, starttime: 15:00
Heat: 1/12 Lane : 3 Athlete: VERDONCK STIJN					Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time 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:

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Event number: 31: 200M FREESTYLE MEN 13+					Heat:1, starttime: 15:00
Heat: 1/12 Lane : 6 Athlete: FONTANA ALESSANDRO MARIA NIC					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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: 31: 200M FREESTYLE MEN 13+					Heat:3, starttime: 15:05
Heat: 3/12 Lane : 3 Athlete: BETTENS STAN					Q-time: 02:36:89
PB (50m pool): 02:36.89 Antwerpen 20/04/2025 PB (25m pool): 02:36.26 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.28	01:15.82	01:58.10	02:36.89	
	00:35.28	00:40.54	00:42.28	00:38.79	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:8, starttime: 15:20
Heat: 8/12 Lane : 5 Athlete: NAEGELS REZA					Q-time: 02:12:32
PB (50m pool): 02:12.32 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:09.93 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.99	01:03.36	01:37.84	02:12.32	
	00:29.99	00:33.37	00:34.48	00:34.48	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:35
Heat: 3/9 Lane : 2 Athlete: CORNEZ MAYLIE					Q-time: 00:47:09
PB (50m pool): 00:46.21 Antwerp 14/04/2024 PB (25m pool): 00:44.00 SB: no time					
	5 0 M				
PB	00:46.21				
	00:46.21				
					

Coach feedback:

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Event number: 32: 50M BREASTSTROKE WOMEN 13+		Heat:5, starttime: 15:40
Heat: 5/9 Lane : 4 Athlete: VANDE SOMPELE JITS		Q-time: 00:42:37
PB (50m pool): 00:42.37 Antwerpen 20/04/2025		PB (25m pool): 00:44.31 SB: no time
	5 0 M	
PB	00:42.37	
	00:42.37	
		

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 15:50
Heat: 3/7 Lane : 7 Athlete: COGURCU ARDA		Q-time: 00:38:88
PB (50m pool): 00:38.88 Wezenberg 05/01/2025		PB (25m pool): 00:36.91 SB: no time
	5 0 M	
PB	00:38.88	
	00:38.88	
		

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+		Heat:4, starttime: 15:50
Heat: 4/7 Lane : 4 Athlete: LADEWIG SETH		Q-time: 00:34:47
PB (50m pool): 00:34.47 Antwerpen 13/07/2025		PB (25m pool): 00:35.24 SB: no time
	5 0 M	
PB	00:34.47	
	00:34.47	
		

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 15:50
Heat: 6/7 Lane : 1 Athlete: VERDONCK MARIUS		Q-time: 00:31:99
PB (50m pool): 00:31.99 Mol 22/06/2025		PB (25m pool): 00:30.75 SB: no time
	5 0 M	
PB	00:31.99	
	00:31.99	
		

Coach feedback:

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Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:4, starttime: 16:00
Heat: 4/14 Lane : 7 Athlete: NAGHIU MATIS IZOLDA		Q-time: 00:40:13
PB (50m pool): 00:40.13 Mol 22/06/2025		PB (25m pool): 00:40.40 SB: no time
	5 0 M	
PB	00:40.13	
	00:40.13	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:7, starttime: 16:00
Heat: 7/14 Lane : 7 Athlete: VAN DEN BOSSCHE LIA		Q-time: 00:36:31
PB (50m pool): 00:36.31 Antwerpen 13/07/2025		PB (25m pool): 00:37.92 SB: no time
	5 0 M	
PB	00:36.31	
	00:36.31	
		

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:8, starttime: 16:00
Heat: 8/14 Lane : 4 Athlete: DE SCHEPPER LARA		Q-time: 00:34:20
PB (50m pool): 00:34.20 Antwerpen 20/04/2025		PB (25m pool): 00:34.44 SB: no time
	5 0 M	
PB	00:34.20	
	00:34.20	
		

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+		Heat:1, starttime: 16:10
Heat: 1/12 Lane : 5 Athlete: TSYBULNIAK KYRYL		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+						Heat:7, starttime: 16:15	
Heat: 7/12 Lane : 5 Athlete: EL HADDOUCHI HAROUN						Q-time: 00:28:31	
PB (50m pool): 00:28.31 Antwerpen 13/07/2025						PB (25m pool): 00:28.83 SB: no time	
	5 0 M						
PB	00:28.31						
	00:28.31						
							

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+						Heat:7, starttime: 16:15	
Heat: 7/12 Lane : 7 Athlete: NAEGELS REZA						Q-time: 00:28:58	
PB (50m pool): 00:28.58 Antwerpen 20/04/2025						PB (25m pool): 00:27.50 SB: no time	
	5 0 M						
PB	00:28.58						
	00:28.58						
							

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:9, starttime: 16:15	
Heat: 9/12 Lane : 9 Athlete: MESTARI ABDERRAHMANE							Q-time: 00:27:84	
PB (50m pool): 00:27.84 Antwerp 02/02/2025							PB (25m pool): 00:27.00 SB: no time	
	5 0 M							
PB	00:27.84							
	00:27.84							
								

Coach feedback:

Event number: 36: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 16:20	
Heat: 1/1 Lane : 8 Athlete: CORNEZ MAYLIE					Q-time: 99:99:99	
PB (50m pool): no time					PB (25m pool): no time 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:

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Event number: 37: 200M MEDLEY MEN 15+					Heat:1, starttime: 16:25
Heat: 1/6 Lane : 4 Athlete: TSYBULNIAK KYRYL					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time 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: 37: 200M MEDLEY MEN 15+					Heat:1, starttime: 16:25
Heat: 1/6 Lane : 6 Athlete: COGURCU ARDA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 02:37.81 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: 37: 200M MEDLEY MEN 15+					Heat:4, starttime: 16:35
Heat: 4/6 Lane : 6 Athlete: BETTENS LUCAS					Q-time: 02:34:95
PB (50m pool): 02:34.95 Wezenberg Topsportbad, Antwerp 18/04/2025 PB (25m pool): 02:28.32 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	02:34.95	
	no time				
					

Coach feedback:

Event number: 39: 100M BREASTSTROKE MEN 17+			Heat:3, starttime: 16:55		
Heat: 3/3 Lane : 9 Athlete: LADEWIG SETH			Q-time: 01:15:22		
PB (50m pool): 01:15.22 Antwerpen 20/04/2025			PB (25m pool): 01:12.18 SB: no time		
	5 0 M	1 0 0 M			
PB	00:34.69	01:15.22			
	00:34.69	00:40.53			
					

Coach feedback:

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Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 16:55
Heat: 1/7 Lane : 1 Athlete: VANDE SOMPELE HASSE					Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 03:39.73 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:5, starttime: 17:15
Heat: 5/7 Lane : 7 Athlete: VANDE SOMPELE JITS					Q-time: 03:08:02
PB (50m pool): 03:08.02 Antwerpen 13/07/2025			PB (25m pool): 03:02.50 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.68	01:31.70	02:20.89	03:08.02	
	00:43.68	00:48.02	00:49.19	00:47.13	
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 17:25
Heat: 1/7 Lane : 3 Athlete: VERDONCK STIJN					Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time 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: 43: 100M BUTTERFLY MEN 17+					Heat:2, starttime: 17:55
Heat: 2/3 Lane : 7 Athlete: EL HADDOUCHI HAROUN					Q-time: 01:08:06
PB (50m pool): 01:08.06 Mol 22/06/2025			PB (25m pool): 01:07.41 SB: no time		
	5 0 M	1 0 0 M			
PB	00:31.71	01:08.06			
	00:31.71	00:36.35			
					

Coach feedback:

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Event number: 43: 100M BUTTERFLY MEN 17+			Heat:3, starttime: 18:00
Heat: 3/3 Lane : 5 Athlete: HOROVYI MYKYTA			Q-time: 00:59:16
PB (50m pool): 00:59.16 Antwerp 09/02/2025 PB (25m pool): 00:58.37 SB: no time			
	5 0 M	1 0 0 M	
PB	00:27.48	00:59.16	
	00:27.48	00:31.68	
			

Coach feedback: