

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 08:30 untill 09:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Renterghem Delphine HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 10:02
Heat: 9/14 Lane : 2 Athlete: VAN BEYLEN STELLA					Q-time: 02:55:44
PB (50m pool): 02:55.44 Gent 08/02/2026					PB (25m pool): 02:53.99 SB: 02:55.44 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.08	01:23.56	02:17.05	02:55.44	
	00:39.08	00:44.48	00:53.49	00:38.39	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 10:02
Heat: 9/14 Lane : 3 Athlete: VANDER HOOGERSTRAETE NORA					Q-time: 02:54:45
PB (50m pool): 02:54.45 Antwerpen 20/07/2025					PB (25m pool): 02:59.17 SB: 03:01.72 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.77	01:24.21	02:15.57	02:54.45	
	00:41.77	00:42.44	00:51.36	00:38.88	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 10:02
Heat: 9/14 Lane : 6 Athlete: BULCKAEN JANNE					Q-time: 02:54:99
PB (50m pool): 02:52.98 Antwerpen 14/07/2024					PB (25m pool): 02:49.62 SB: 02:54.71 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:52.98	
	no time				
					

Coach feedback:

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Event number: 1: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 10:05
Heat: 10/14 Lane : 4 Athlete: STROBBE MAJA					Q-time: 02:50:40
PB (50m pool): 02:50.40 Antwerpen 13/07/2025					PB (25m pool): 02:47.68 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.72	01:20.70	02:11.83	02:50.40	
	00:36.72	00:43.98	00:51.13	00:38.57	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 10:05
Heat: 10/14 Lane : 6 Athlete: TAVERNIER LUCIA					Q-time: 02:50:81
PB (50m pool): 02:47.28 Antwerpen 08/03/2026					PB (25m pool): 02:42.28 SB: 02:47.28 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.62	01:20.49	02:10.94	02:47.28	
	00:35.62	00:44.87	00:50.45	00:36.34	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:6, starttime: 10:42
Heat: 6/13 Lane : 3 Athlete: DE STROOPER ZEV					Q-time: 02:54:06
PB (50m pool): 02:53.10 Eindhoven 22/03/2026					PB (25m pool): 02:53.86 SB: 02:53.10 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.66	01:27.31	02:13.42	02:53.10	
	00:38.66	00:48.65	00:46.11	00:39.68	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:7, starttime: 10:45
Heat: 7/13 Lane : 5 Athlete: MARTELÉ STAN					Q-time: 02:46:84
PB (50m pool): 02:46.84 Antwerpen 20/07/2025					PB (25m pool): 02:44.35 SB: 02:47.32 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.41	01:17.94	02:09.46	02:46.84	
	00:36.41	00:41.53	00:51.52	00:37.38	
					

Coach feedback:

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Event number: 3: 50M FREESTYLE WOMEN 11+							Heat:2, starttime: 11:24		
Heat: 2/2 Lane : 3 Athlete: BULCKAEN JANNE							Q-time: 00:31:21		
PB (50m pool): 00:31.17 Antwerpen 15/03/2026				PB (25m pool): 00:31.51SB: 00:31.17 Antwerpen 15/03/2026					
	5 0 M								
PB	00:31.17								
	00:31.17								
									

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+							Heat:1, starttime: 11:26	
Heat: 1/2 Lane : 4 Athlete: VERMEULEN DAAN							Q-time: 00:28:87	
PB (50m pool): 00:28.87 LOCHRISTI 25/01/2026							PB (25m pool): 00:28.85SB: 00:28.87 LOCHRISTI 25/01/2026	
	5 0 M							
PB	00:28.87							
	00:28.87							
								

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+				Heat:5, starttime: 11:35	
Heat: 5/5 Lane : 6 Athlete: VANDER HOOGERSTRAETE NORA				Q-time: 00:34:97	
PB (50m pool): no time				PB (25m pool): 00:34.97 SB: no time	
	5 0 M				
PB	no time				
	<i>no time</i>				
					

Coach feedback:

Event number: 7: 50M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 11:42		
Heat: 1/2 Lane : 2 Athlete: TAVERNIER LUCIA							Q-time: 99:99:99		
PB (50m pool): 00:40.92 Eindhoven 22/03/2026				PB (25m pool): 00:45.64SB: 00:40.92 Eindhoven 22/03/2026					
	5 0 M								
PB	00:40.92								
	00:40.92								
									

Coach feedback:

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Event number: 9: 50M BUTTERFLY WOMEN 11+							Heat:5, starttime: 11:56	
Heat: 5/7 Lane : 2 Athlete: VAN BEYLEN STELLA							Q-time: 00:35:30	
PB (50m pool): 00:34.19 Antwerpen 15/03/2026				PB (25m pool): 00:37.05SB: 00:34.19 Antwerpen 15/03/2026				
	5 0 M							
PB	00:34.19							
	00:34.19							
								

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+				Heat:5, starttime: 11:56	
Heat: 5/7 Lane : 4 Athlete: STROBBE MAJA				Q-time: 00:34:71	
PB (50m pool): 00:34.71 Eindhoven 16/03/2025				PB (25m pool): 00:35.69SB: no time	
	5 0 M				
PB	00:34.71				
	00:34.71				
					

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 12:01		
Heat: 2/5 Lane : 5 Athlete: MARTELé STAN							Q-time: 00:37:57		
PB (50m pool): 00:34.72 Eindhoven 22/03/2026							PB (25m pool): 00:35.21 SB: 00:34.72 Eindhoven 22/03/2026		
	5 0 M								
PB	00:34.72								
	00:34.72								
									

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+							Heat:3, starttime: 12:02		
Heat: 3/5 Lane : 4 Athlete: VERMEULEN DAAN							Q-time: 00:33:23		
PB (50m pool): 00:32.94 Antwerpen 15/03/2026				PB (25m pool): 00:33.84SB: 00:32.94 Antwerpen 15/03/2026					
	5 0 M								
PB	00:32.94								
	00:32.94								
									

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: MEGA

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 12:02																					
Heat: 3/5 Lane : 7 Athlete: DE STROOPER ZEV																				Q-time: 00:35:98											
PB (50m pool): 00:36.82 Antwerpen 15/03/2026										PB (25m pool): 00:35.98 SB: 00:36.82 Antwerpen 15/03/2026																					
		5 0 M																													
PB		00:36.82																													
		00:36.82																													
																															

Coach feedback: