

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 12: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:31
Heat: 4/9 Lane : 6 Athlete: DE STROOPER ZEV					Q-time: 02:35:20
PB (50m pool): 02:30.74 Eindhoven 22/03/2026					PB (25m pool): 02:34.22 SB: 02:30.74 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.90	01:11.61	01:52.12	02:30.74	
	00:33.90	00:37.71	00:40.51	00:38.62	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:7, starttime: 14:40
Heat: 7/9 Lane : 7 Athlete: VERMEULEN DAAN					Q-time: 02:14:88
PB (50m pool): 02:13.75 Eindhoven 22/03/2026					PB (25m pool): 02:14.02 SB: 02:13.75 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.38	01:05.24	01:39.50	02:13.75	
	00:31.38	00:33.86	00:34.26	00:34.25	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:6, starttime: 15:08
Heat: 6/9 Lane : 3 Athlete: VANDER HOOGERSTRAETE NORA					Q-time: 02:33:80
PB (50m pool): no time					PB (25m pool): 02:33.80 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: 13: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 15:11
Heat: 7/9 Lane : 2 Athlete: TAVERNIER LUCIA					Q-time: 02:29:12
PB (50m pool): 02:23.70 Antwerpen 08/03/2026			PB (25m pool): 02:25.34 SB: 02:23.70 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.07	01:09.16	01:47.09	02:23.70	
	00:33.07	00:36.09	00:37.93	00:36.61	
					

Coach feedback:

Event number: 13: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 15:11
Heat: 7/9 Lane : 6 Athlete: STROBBE MAJA					Q-time: 02:29:07
PB (50m pool): 02:29.07 Antwerpen 20/04/2025			PB (25m pool): 02:24.44 SB: 02:31.76 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.53	01:13.50	01:51.86	02:29.07	
	00:34.53	00:38.97	00:38.36	00:37.21	
					

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:57
Heat: 2/2 Lane : 7 Athlete: BULCKAEN JANNE					Q-time: 03:17:61
PB (50m pool): 03:12.69 Antwerpen 21/07/2024			PB (25m pool): 03:05.89 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	03:12.69	
	no time				
					

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+					Heat:1, starttime: 16:24
Heat: 1/3 Lane : 4 Athlete: MARTELÉ STAN					Q-time: 01:06:67
PB (50m pool): 01:05.71 Antwerpen 08/03/2026			PB (25m pool): 01:04.69 SB: 01:05.71 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M			
PB	00:31.50	01:05.71			
	00:31.50	00:34.21			
					

Coach feedback:

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Event number: 20: 100M FREESTYLE MEN 11+			Heat:2, starttime: 16:26
Heat: 2/3 Lane : 4 Athlete: VERMEULEN DAAN			Q-time: 01:01:14
PB (50m pool): 01:01.14 Gent 08/02/2026			PB (25m pool): 01:02.87 SB: 01:01.14 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.79	01:01.14	
	00:29.79	00:31.35	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 16:45
Heat: 4/6 Lane : 3 Athlete: MARTELÉ STAN			Q-time: 01:17:55
PB (50m pool): 01:16.21 Antwerpen 08/03/2026			PB (25m pool): 01:14.71 SB: 01:16.21 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:37.14	01:16.21	
	00:37.14	00:39.07	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 16:57
Heat: 3/4 Lane : 1 Athlete: BULCKAEN JANNE			Q-time: 01:26:75
PB (50m pool): 01:23.75 Eindhoven 22/03/2026			PB (25m pool): 01:22.13 SB: 01:23.75 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:40.16	01:23.75	
	00:40.16	00:43.59	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 17:00
Heat: 4/4 Lane : 8 Athlete: STROBBE MAJA			Q-time: 01:21:74
PB (50m pool): 01:21.74 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:20.31 SB: 01:22.56 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	00:39.70	01:21.74	
	00:39.70	00:42.04	
			

Coach feedback:

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Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 17:07
Heat: 3/3 Lane : 8 Athlete: DE STROOPER ZEV			Q-time: 01:23:76
PB (50m pool): 01:20.87 Eindhoven 22/03/2026			PB (25m pool): 01:20.87 SB: 01:20.87 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:37.52	01:20.87	
	00:37.52	00:43.35	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 17:14
Heat: 3/5 Lane : 4 Athlete: VANDER HOOGERSTRAETE NORA			Q-time: 01:34:03
PB (50m pool): 01:34.03 Lochristi 01/02/2026			PB (25m pool): 01:30.80 SB: 01:34.03 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:34.03	
	no time		
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 17:23
Heat: 2/3 Lane : 5 Athlete: VERMEULEN DAAN			Q-time: 01:16:64
PB (50m pool): 01:15.58 Antwerpen 15/03/2026			PB (25m pool): 01:14.72 SB: 01:15.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.90	01:15.58	
	00:34.90	00:40.68	
			

Coach feedback:

Event number: 27: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 17:29
Heat: 2/2 Lane : 1 Athlete: TAVERNIER LUCIA			Q-time: 01:17:63
PB (50m pool): 01:17.63 Antwerpen 20/07/2025			PB (25m pool): 01:19.84 SB: 01:18.87 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:36.04	01:17.63	
	00:36.04	00:41.59	
			

Coach feedback: