

FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 13:00 untill 14:05. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verbauwen Carine HEADCOACH

PB => Personal Best time

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

Event number: 17: 200M MEDLEY MIXED 10-9 Heat:2, starttime: 14:20

Heat: 2/2 Lane : 3 Athlete: VANSIELEGHEM HANNAH Q-time: 03:43:21

PB (50m pool): 03:43.21 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:49.49 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.10	01:48.50	02:53.54	03:43.21	
	00:53.10	00:55.40	01:05.04	00:49.67	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:1, starttime: 14:24

Heat: 1/24 Lane : 5 Athlete: MARTELé SARA Q-time: 99:99:99

PB (50m pool): 02:22.23 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 02:18.27 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	02:22.23	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:6, starttime: 14:46

Heat: 6/24 Lane : 1 Athlete: CHRISTIAENS NORE Q-time: 03:06:19

PB (50m pool): 03:06.19 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:58.76 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.64	01:30.94	02:20.19	03:06.19	
	00:41.64	00:49.30	00:49.25	00:46.00	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:6, starttime: 14:46	
Heat: 6/24 Lane : 3 Athlete: SCHOENMAEKERS ALIX				Q-time: 03:02:13	
PB (50m pool): 03:02.13 Antwerpen 13/07/2025				PB (25m pool): 02:48.50 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.80	01:30.77	02:18.04	03:02.13	
	00:40.80	00:49.97	00:47.27	00:44.09	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:6, starttime: 14:46	
Heat: 6/24 Lane : 6 Athlete: VANSIELEGHEM AMBER				Q-time: 03:02:16	
PB (50m pool): 03:02.16 Antwerpen 13/07/2025				PB (25m pool): 02:58.74 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.01	01:30.49	02:17.00	03:02.16	
	00:41.01	00:49.48	00:46.51	00:45.16	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:8, starttime: 14:52	
Heat: 8/24 Lane : 1 Athlete: DE BAERE AUKE				Q-time: 02:54:66	
PB (50m pool): 02:54.66 Gent 08/02/2026				PB (25m pool): 02:43.82 SB: 02:54.66 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:21.49	no time	02:54.66	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:9, starttime: 14:56	
Heat: 9/24 Lane : 2 Athlete: BRYN BARON YVONNE				Q-time: 02:47:55	
PB (50m pool): 02:47.55 Antwerpen 13/07/2025				PB (25m pool): 02:41.90 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.66	01:23.97	02:06.86	02:47.55	
	00:39.66	00:44.31	00:42.89	00:40.69	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:56
Heat: 9/24 Lane : 5 Athlete: BAEYE ROMY					Q-time: 02:47:06
PB (50m pool): 02:47.06 Gent 08/02/2026					PB (25m pool): 02:46.78 SB: 02:47.06 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:19.86	no time	02:47.06	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:59
Heat: 10/24 Lane : 3 Athlete: GOOTJES JASMIJN					Q-time: 02:43:15
PB (50m pool): 02:43.15 Gent 08/02/2026					PB (25m pool): 02:31.13 SB: 02:43.15 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:19.06	no time	02:43.15	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:13, starttime: 15:08
Heat: 13/24 Lane : 2 Athlete: BULCKAEN JANNE					Q-time: 02:35:98
PB (50m pool): 02:35.66 Antwerpen 14/07/2024					PB (25m pool): 02:29.67 SB: 02:35.98 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:35.66	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:13, starttime: 15:08
Heat: 13/24 Lane : 4 Athlete: FRANKE MARIA LAYLA					Q-time: 02:35:49
PB (50m pool): 02:35.49 Eindhoven 22/03/2026					PB (25m pool): 02:37.38 SB: 02:35.49 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.01	01:17.88	01:57.43	02:35.49	
	00:38.01	00:39.87	00:39.55	00:38.06	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:14, starttime: 15:11
Heat: 14/24 Lane : 5 Athlete: VANDER HOOGERSTRAETE NORA					Q-time: 02:33:80
PB (50m pool): 02:30.16 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:33.80 SB: 02:30.16 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.24	01:14.09	01:52.55	02:30.16	
	00:35.24	00:38.85	00:38.46	00:37.61	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:16, starttime: 15:17
Heat: 16/24 Lane : 3 Athlete: VAN BEYLEN STELLA					Q-time: 02:30:16
PB (50m pool): 02:30.16 Gent 08/02/2026 PB (25m pool): 02:39.36 SB: 02:30.16 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:13.95	no time	02:30.16	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:16, starttime: 15:17
Heat: 16/24 Lane : 5 Athlete: POTIER JOLIE					Q-time: 02:30:07
PB (50m pool): 02:30.07 Antwerpen 08/03/2026 PB (25m pool): 02:27.37 SB: 02:30.07 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.45	01:13.71	01:52.81	02:30.07	
	00:35.45	00:38.26	00:39.10	00:37.26	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:17, starttime: 15:20
Heat: 17/24 Lane : 2 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: 02:29.47 Sportoase De Watermolen 29/03/2026					
	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:

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Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:17, starttime: 15:20	
Heat: 17/24 Lane : 4 Athlete: BOEYKENS CHARLOTTE				Q-time: 02:27:79	
PB (50m pool): 02:27.79 Eindhoven 16/03/2025				PB (25m pool): 02:25.35 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.80	01:11.66	01:50.16	02:27.79	
	00:33.80	00:37.86	00:38.50	00:37.63	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:18, starttime: 15:23	
Heat: 18/24 Lane : 2 Athlete: BAEKE STINE				Q-time: 02:26:07	
PB (50m pool): 02:26.07 Eindhoven 22/03/2026				PB (25m pool): 02:23.88 SB: 02:26.07 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.22	01:10.01	01:48.39	02:26.07	
	00:33.22	00:36.79	00:38.38	00:37.68	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:18, starttime: 15:23	
Heat: 18/24 Lane : 4 Athlete: VANHAECKE JULIETTE				Q-time: 02:25:58	
PB (50m pool): 02:25.58 Gent 08/02/2026				PB (25m pool): 02:25.39 SB: 02:25.58 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:09.89	no time	02:25.58	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:18, starttime: 15:23	
Heat: 18/24 Lane : 6 Athlete: WAIGNEIN ROSIE				Q-time: 02:26:01	
PB (50m pool): 02:26.01 Antwerpen 08/03/2026				PB (25m pool): 02:23.99 SB: 02:26.01 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.45	01:11.11	01:48.30	02:26.01	
	00:33.45	00:37.66	00:37.19	00:37.71	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:19, starttime: 15:26
Heat: 19/24 Lane : 3 Athlete: MARTELÉ LORE					Q-time: 02:23:93
PB (50m pool): 02:23.43 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:19.26 SB: 02:25.33 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	02:23.43	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:20, starttime: 15:29
Heat: 20/24 Lane : 7 Athlete: OLDE BIJVANK FEMKE					Q-time: 02:22:45
PB (50m pool): 02:15.21 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 02:14.22 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	02:15.21	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:21, starttime: 15:32
Heat: 21/24 Lane : 4 Athlete: DE RUIJTER ELISE					Q-time: 02:19:11
PB (50m pool): 02:19.11 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:15.62 SB: 02:21.28 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.56	01:07.62	01:43.76	02:19.11	
	00:32.56	00:35.06	00:36.14	00:35.35	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:21, starttime: 15:32
Heat: 21/24 Lane : 6 Athlete: DEN BAES ELISE					Q-time: 02:19:52
PB (50m pool): 02:19.52 Gent 08/02/2026 PB (25m pool): 02:20.78 SB: 02:19.52 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:08.46	no time	02:19.52	
	no time				
					

Coach feedback:

FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: MEGA

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:22, starttime: 15:35
Heat: 22/24 Lane : 7 Athlete: VAN HERPE MILLY					Q-time: 02:18:26
PB (50m pool): 02:18.26 Antwerp 09/02/2025					PB (25m pool): 02:18.19 SB: 02:22.01 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.72	01:05.97	01:41.54	02:18.26	
	00:31.72	00:34.25	00:35.57	00:36.72	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:23, starttime: 15:37
Heat: 23/24 Lane : 4 Athlete: VINCK TINE					Q-time: 02:11:56
PB (50m pool): 02:10.47 Antwerpen 21/04/2024					PB (25m pool): 02:08.20 SB: 02:11.56 Lochristi 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:10.47	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:23, starttime: 15:37
Heat: 23/24 Lane : 5 Athlete: HOSTE CELESTE					Q-time: 02:12:03
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: 18: 200M FREESTYLE WOMEN 11+					Heat:23, starttime: 15:37
Heat: 23/24 Lane : 7 Athlete: SCHRAM MILA					Q-time: 02:14:73
PB (50m pool): 02:14.73 Antwerpen 08/03/2026					PB (25m pool): 02:11.09 SB: 02:14.73 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.92	01:04.46	01:39.62	02:14.73	
	00:30.92	00:33.54	00:35.16	00:35.11	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 7 Athlete: VAN GYSEL MAITE					Q-time: 02:09:86
PB (50m pool): 02:09.28 Antwerpen 21/04/2024					PB (25m pool): 02:06.05 SB: 02:11.03 Antwerpen 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	02:09.28	
	no time				
					

Coach feedback:

Event number: 19: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 15:45
Heat: 2/2 Lane : 2 Athlete: VANSIELEGHEM HANNAH					Q-time: 01:47:10
PB (50m pool): 01:47.10 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 01:43.38 SB: no time
	5 0 M	1 0 0 M			
PB	00:50.68	01:47.10			
	00:50.68	00:56.42			
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:4, starttime: 16:03
Heat: 4/19 Lane : 6 Athlete: HINDRYCKX MAURO					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:59.31 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: 20: 200M BREASTSTROKE MEN 11+					Heat:6, starttime: 16:12
Heat: 6/19 Lane : 8 Athlete: VAN DEN BOSSCHE PIETER-JAN					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:25.26 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:

FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: MEGA

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:9, starttime: 16:26
Heat: 9/19 Lane : 5 Athlete: VAN THILLO BASTIJN					Q-time: 03:26:23
PB (50m pool): 03:26.23 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:11.21 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.86	01:41.29	02:34.55	03:26.23	
	00:47.86	00:53.43	00:53.26	00:51.68	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:12, starttime: 16:37
Heat: 12/19 Lane : 3 Athlete: ROSIERS MATHIAS					Q-time: 03:05:46
PB (50m pool): 03:05.46 Eindhoven 22/03/2026 PB (25m pool): 02:59.88 SB: 03:05.46 Eindhoven 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.51	01:30.33	02:18.86	03:05.46	
	00:43.51	00:46.82	00:48.53	00:46.60	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:13, starttime: 16:41
Heat: 13/19 Lane : 7 Athlete: DE STROOPER ZEV					Q-time: 03:02:87
PB (50m pool): 03:02.87 Eindhoven 22/03/2026 PB (25m pool): 02:52.38 SB: 03:02.87 Eindhoven 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.48	01:27.50	02:15.44	03:02.87	
	00:40.48	00:47.02	00:47.94	00:47.43	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:15, starttime: 16:48
Heat: 15/19 Lane : 8 Athlete: DE DECKER TIBE					Q-time: 02:55:97
PB (50m pool): 02:55.97 Gent 08/02/2026 PB (25m pool): no time SB: 02:55.97 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.91	01:25.12	02:11.54	02:55.97	
	00:39.91	00:45.21	00:46.42	00:44.43	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:18, starttime: 16:57
Heat: 18/19 Lane : 7 Athlete: LAFAUT LEON					Q-time: 02:39:53
PB (50m pool): 02:39.53 Antwerpen 22/03/2026					PB (25m pool): no time SB: 02:39.53 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.10	01:16.61	01:57.77	02:39.53	
	00:36.10	00:40.51	00:41.16	00:41.76	
					

Coach feedback:

Event number: 21: 200M BUTTERFLY WOMEN 11+					Heat:2, starttime: 17:08
Heat: 2/4 Lane : 2 Athlete: STROBBE MAJA					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:03.16 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: 21: 200M BUTTERFLY WOMEN 11+					Heat:3, starttime: 17:11
Heat: 3/4 Lane : 7 Athlete: TAVERNIER LUCIA					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:57.37 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: 22: 200M BUTTERFLY MEN 11+					Heat:6, starttime: 17:37
Heat: 6/6 Lane : 1 Athlete: VANBESIEN LOWIE					Q-time: 02:26:84
PB (50m pool): 02:24.65 Antwerpen 28/07/2024					PB (25m pool): 02:36.52 SB: 02:26.84 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:24.65	
	no time				
					

Coach feedback: