

CB-BK WE1 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 12:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Danneels Barbara HEADCOACH

PB => Personal Best time

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

Event number: 9: 400M MEDLEY WOMEN 13-14							Heat:3, starttime: 14:43	
Heat: 3/8 Lane : 4 Athlete: TAVERNIER LUCIA							Q-time: 05:53:32	
PB (50m pool): 05:53.32 Sportoase De Watermolen 24/05/2026 PB (25m pool): no time SB: 05:53.32 Sportoase De Watermolen 24/05/2026								
	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	00:37.92	01:22.27	02:09.43	02:54.26	03:44.17	04:34.91	05:15.08	05:53.32
	00:37.92	00:44.35	00:47.16	00:44.83	00:49.91	00:50.74	00:40.17	00:38.24
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14					Heat:2, starttime: 15:24	
Heat: 2/8 Lane : 1 Athlete: HINDRYCKX MAURO					Q-time: 02:22:89	
PB (50m pool): 02:22.89 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:40.00 SB: 02:22.89 Lago Gent Rozebroeken 03/05/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:33.07	01:09.93	01:47.50	02:22.89		
	00:33.07	00:36.86	00:37.57	00:35.39		
						

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 13-14					Heat:4, starttime: 15:30	
Heat: 4/8 Lane : 8 Athlete: VANHULLE WILLEM					Q-time: 02:19:80	
PB (50m pool): 02:23.39 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:19.80SB: 02:23.39 Lago Gent Rozebroeken 03/05/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:33.37	01:10.02	01:48.09	02:23.39		
	00:33.37	00:36.65	00:38.07	00:35.30		
						

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-12										Heat:11, starttime: 16:06	
Heat: 11/18 Lane : 2 Athlete: VANDER HOOGERSTRAETE NORA										Q-time: 01:29:17	
PB (50m pool): 01:29.17 Antwerpen 20/07/2025										PB (25m pool): 01:35.36 SB: no time	
	5 0 M		1 0 0 M								
PB	00:40.27		01:29.17								
	00:40.27		00:48.90								
											

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12						Heat:8, starttime: 17:04		
Heat: 8/12 Lane : 2 Athlete: VAN DEN BRANDEN CAMIEL						Q-time: 05:23:04		
PB (50m pool): 05:36.38 LOCHRISTI 25/01/2026						PB (25m pool): 05:23.04 SB: 05:36.38 LOCHRISTI 25/01/2026		
	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	01:17.66	no time	02:45.13	no time	no time	no time	05:36.38
	no time							
								

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12						Heat:10, starttime: 17:16		
Heat: 10/12 Lane : 4 Athlete: TEIRLINCK TIGO						Q-time: 05:07:78		
PB (50m pool): 05:07.78 Zwembad Brigitte Becue 26/04/2026						PB (25m pool): 05:19.29 SB: 05:07.78 Zwembad Brigitte Becue 26/04/2026		
	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	00:33.37	01:11.48	01:50.68	02:30.87	03:10.60	03:50.90	04:29.50	05:07.78
	00:33.37	00:38.11	00:39.20	00:40.19	00:39.73	00:40.30	00:38.60	00:38.28
								

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11-12						Heat:11, starttime: 17:22		
Heat: 11/12 Lane : 3 Athlete: DE VREESE SEPPE						Q-time: 05:05:61		
PB (50m pool): 05:05.61 Zwembad Brigitte Becue 26/04/2026						PB (25m pool): 05:42.01 SB: 05:05.61 Zwembad Brigitte Becue 26/04/2026		
	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	00:34.53	01:12.58	01:51.78	02:31.24	03:10.58	03:50.15	04:28.92	05:05.61
	00:34.53	00:38.05	00:39.20	00:39.46	00:39.34	00:39.57	00:38.77	00:36.69
								

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 13-14			Heat:4, starttime: 17:40
Heat: 4/15 Lane : 1 Athlete: WAIGNEIN ROSIE			Q-time: 01:16:84
PB (50m pool): 01:16.84 Antwerpen 08/03/2026			PB (25m pool): 01:16.31 SB: 01:16.84 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:37.77	01:16.84	
	00:37.77	00:39.07	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14			Heat:4, starttime: 17:40
Heat: 4/15 Lane : 4 Athlete: POTIER JOLIE			Q-time: 01:16:69
PB (50m pool): 01:18.88 Antwerpen 08/03/2026			PB (25m pool): 01:16.69 SB: 01:18.88 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:38.56	01:18.88	
	00:38.56	00:40.32	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14			Heat:8, starttime: 17:49
Heat: 8/15 Lane : 6 Athlete: VAN DER PLAS LOTTE			Q-time: 01:15:40
PB (50m pool): 01:15.40 Antwerpen 08/03/2026			PB (25m pool): 01:15.11 SB: 01:15.40 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:36.33	01:15.40	
	00:36.33	00:39.07	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14			Heat:11, starttime: 17:56
Heat: 11/15 Lane : 5 Athlete: VAN BEYLEN STELLA			Q-time: 01:13:71
PB (50m pool): 01:18.40 Antwerpen 15/03/2026			PB (25m pool): 01:13.71 SB: 01:18.40 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.81	01:18.40	
	00:38.81	00:39.59	
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 13-14				Heat:14, starttime: 18:03			
Heat: 14/15 Lane : 2 Athlete: DE VREESE JULIE				Q-time: 01:11:68			
PB (50m pool): 01:11.68 Antwerpen 08/03/2026				PB (25m pool): 01:10.18 SB: 01:11.68 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M					
PB	00:34.97	01:11.68					
	00:34.97	00:36.71					
							

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 13-14				Heat:15, starttime: 18:05			
Heat: 15/15 Lane : 8 Athlete: BLANCQUAERT CAMILLE				Q-time: 01:10:17			
PB (50m pool): 01:10.14 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): 01:08.22 SB: 01:10.14 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M					
PB	00:33.80	01:10.14					
	00:33.80	00:36.34					
							

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 13-14				Heat:3, starttime: 18:11			
Heat: 3/6 Lane : 6 Athlete: VANHULLE WILLEM				Q-time: 01:11:23			
PB (50m pool): 01:11.23 Zwembad Brigitte Becue 26/04/2026				PB (25m pool): 01:11.18 SB: 01:11.23 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M					
PB	00:33.12	01:11.23					
	00:33.12	00:38.11					
							

Coach feedback:

Event number: 15: 4x100M FREESTYLE WOMEN 13-14							Heat:3, starttime: 18:48	
Heat: 3/3 Lane : 2 Athlete: TEAM MEGA 1							Q-time: 04:16:45	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: