

# CB-BK WE1 2026: Session: 4: 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: 24: 200M MEDLEY MEN 13-14      |           |           |           |           | Heat:5, starttime: 14:43                             |
|----------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------------------------|
| Heat: 5/17 Lane : 1 Athlete: VANHULLE WILLEM |           |           |           |           | Q-time: 02:46:82                                     |
| PB (50m pool): 02:46.82 Gent 08/02/2026      |           |           |           |           | PB (25m pool): 02:56.05 SB: 02:46.82 Gent 08/02/2026 |
|                                              | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                      |
| PB                                           | 00:35.90  | 01:19.80  | 02:09.59  | 02:46.82  |                                                      |
|                                              | 00:35.90  | 00:43.90  | 00:49.79  | 00:37.23  |                                                      |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 13-14     |           |           |           |           | Heat:7, starttime: 14:50                             |
|---------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------------------------|
| Heat: 7/17 Lane : 4 Athlete: BODDAERT LUCAS |           |           |           |           | Q-time: 02:42:60                                     |
| PB (50m pool): 03:00.54 Gent 08/02/2026     |           |           |           |           | PB (25m pool): 02:42.60 SB: 03:00.54 Gent 08/02/2026 |
|                                             | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                      |
| PB                                          | 00:41.78  | 01:29.96  | 02:19.19  | 03:00.54  |                                                      |
|                                             | 00:41.78  | 00:48.18  | 00:49.23  | 00:41.35  |                                                      |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                                      |

Coach feedback:

| Event number: 24: 200M MEDLEY MEN 13-14    |           |           |           |           | Heat:8, starttime: 14:53                             |
|--------------------------------------------|-----------|-----------|-----------|-----------|------------------------------------------------------|
| Heat: 8/17 Lane : 1 Athlete: RABAEYS LUCAS |           |           |           |           | Q-time: 02:42:51                                     |
| PB (50m pool): 02:58.88 Gent 08/02/2026    |           |           |           |           | PB (25m pool): 02:42.51 SB: 02:58.88 Gent 08/02/2026 |
|                                            | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                      |
| PB                                         | 00:44.04  | 01:31.81  | 02:19.75  | 02:58.88  |                                                      |
|                                            | 00:44.04  | 00:47.77  | 00:47.94  | 00:39.13  |                                                      |
|                                            | . . . . . | . . . . . | . . . . . | . . . . . |                                                      |

Coach feedback:

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| Event number: 24: 200M MEDLEY MEN 13-14     |           |           |           |           | Heat:9, starttime: 14:56                                 |
|---------------------------------------------|-----------|-----------|-----------|-----------|----------------------------------------------------------|
| Heat: 9/17 Lane : 7 Athlete: TURPIJN JULES  |           |           |           |           | Q-time: 02:40:05                                         |
| PB (50m pool): 02:53.52 Kortrijk 26/12/2025 |           |           |           |           | PB (25m pool): 02:40.05 SB: 02:53.52 Kortrijk 26/12/2025 |
|                                             | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                                          |
| PB                                          | 00:39.74  | 01:24.81  | 02:14.34  | 02:53.52  |                                                          |
|                                             | 00:39.74  | 00:45.07  | 00:49.53  | 00:39.18  |                                                          |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                                          |

Coach feedback:

| Event number: 26: 100M FREESTYLE MEN 11-12                |           |           |  |  | Heat:10, starttime: 15:48                                              |
|-----------------------------------------------------------|-----------|-----------|--|--|------------------------------------------------------------------------|
| Heat: 10/14 Lane : 7 Athlete: VAN DEN BRANDEN CAMIEL      |           |           |  |  | Q-time: 01:10:50                                                       |
| PB (50m pool): 01:10.50 Zwembad Brigitte Becue 26/04/2026 |           |           |  |  | PB (25m pool): 01:13.47 SB: 01:10.50 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |  |  |                                                                        |
| PB                                                        | 00:33.61  | 01:10.50  |  |  |                                                                        |
|                                                           | 00:33.61  | 00:36.89  |  |  |                                                                        |
|                                                           | . . . . . | . . . . . |  |  |                                                                        |

Coach feedback:

| Event number: 26: 100M FREESTYLE MEN 11-12    |           |           |  |  | Heat:13, starttime: 15:52                                 |
|-----------------------------------------------|-----------|-----------|--|--|-----------------------------------------------------------|
| Heat: 13/14 Lane : 5 Athlete: DE VREESE SEPPE |           |           |  |  | Q-time: 01:05:72                                          |
| PB (50m pool): 01:05.72 Antwerpen 08/03/2026  |           |           |  |  | PB (25m pool): 01:06.94 SB: 01:05.72 Antwerpen 08/03/2026 |
|                                               | 5 0 M     | 1 0 0 M   |  |  |                                                           |
| PB                                            | 00:31.95  | 01:05.72  |  |  |                                                           |
|                                               | 00:31.95  | 00:33.77  |  |  |                                                           |
|                                               | . . . . . | . . . . . |  |  |                                                           |

Coach feedback:

| Event number: 26: 100M FREESTYLE MEN 11-12                |           |           |  |  | Heat:14, starttime: 15:54                                              |
|-----------------------------------------------------------|-----------|-----------|--|--|------------------------------------------------------------------------|
| Heat: 14/14 Lane : 2 Athlete: TEIRLINCK TIGO              |           |           |  |  | Q-time: 01:04:78                                                       |
| PB (50m pool): 01:04.78 Zwembad Brigitte Becue 26/04/2026 |           |           |  |  | PB (25m pool): 01:08.42 SB: 01:04.78 Zwembad Brigitte Becue 26/04/2026 |
|                                                           | 5 0 M     | 1 0 0 M   |  |  |                                                                        |
| PB                                                        | 00:31.10  | 01:04.78  |  |  |                                                                        |
|                                                           | 00:31.10  | 00:33.68  |  |  |                                                                        |
|                                                           | . . . . . | . . . . . |  |  |                                                                        |

Coach feedback:

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| Event number: 27: 400M FREESTYLE WOMEN 11-12                  |           |           |           |                                                           |           |           | Heat:12, starttime: 17:04 |           |
|---------------------------------------------------------------|-----------|-----------|-----------|-----------------------------------------------------------|-----------|-----------|---------------------------|-----------|
| Heat: 12/15    Lane : 1    Athlete: VANDER HOOGERSTRAETE NORA |           |           |           |                                                           |           |           | Q-time: 05:20:34          |           |
| PB (50m pool): 05:20.34    Antwerpen    20/07/2025            |           |           |           | PB (25m pool): 05:22.64SB: 05:33.67    Gent    08/02/2026 |           |           |                           |           |
|                                                               | 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                                                            | 00:36.62  | 01:17.59  | 01:58.66  | 02:39.83                                                  | 03:20.86  | 04:01.34  | 04:41.65                  | 05:20.34  |
|                                                               | 00:36.62  | 00:40.97  | 00:41.07  | 00:41.17                                                  | 00:41.03  | 00:40.48  | 00:40.31                  | 00:38.69  |
|                                                               | . . . . . | . . . . . | . . . . . | . . . . .                                                 | . . . . . | . . . . . | . . . . .                 | . . . . . |

Coach feedback:

| Event number: 28: 100M FREESTYLE MEN 13-14                      |           |           |  |  |  |  | Heat:1, starttime: 17:28                                                     |  |
|-----------------------------------------------------------------|-----------|-----------|--|--|--|--|------------------------------------------------------------------------------|--|
| Heat: 1/8    Lane : 5    Athlete: TURPIJN JULES                 |           |           |  |  |  |  | Q-time: 01:04:57                                                             |  |
| PB (50m pool): 01:06.97    Zwembad Brigitte Becue    26/04/2026 |           |           |  |  |  |  | PB (25m pool): 01:04.57 SB: 01:06.97    Zwembad Brigitte Becue    26/04/2026 |  |
|                                                                 | 5 0 M     | 1 0 0 M   |  |  |  |  |                                                                              |  |
| PB                                                              | 00:32.32  | 01:06.97  |  |  |  |  |                                                                              |  |
|                                                                 | 00:32.32  | 00:34.65  |  |  |  |  |                                                                              |  |
|                                                                 | . . . . . | . . . . . |  |  |  |  |                                                                              |  |

Coach feedback:

| Event number: 28: 100M FREESTYLE MEN 13-14                                                                                                   |           |  |           |  |  |  |  |  |  | Heat:2, starttime: 17:29 |  |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----------|--|-----------|--|--|--|--|--|--|--------------------------|--|
| Heat: 2/8    Lane : 2    Athlete: HINDRYCKX MAURO                                                                                            |           |  |           |  |  |  |  |  |  | Q-time: 01:04:49         |  |
| PB (50m pool): 01:04.49    Lago Gent Rozebroeken    03/05/2026    PB (25m pool): 01:03.46SB: 01:04.49    Lago Gent Rozebroeken    03/05/2026 |           |  |           |  |  |  |  |  |  |                          |  |
|                                                                                                                                              | 5 0 M     |  | 1 0 0 M   |  |  |  |  |  |  |                          |  |
| PB                                                                                                                                           | 00:30.38  |  | 01:04.49  |  |  |  |  |  |  |                          |  |
|                                                                                                                                              | 00:30.38  |  | 00:34.11  |  |  |  |  |  |  |                          |  |
|                                                                                                                                              | . . . . . |  | . . . . . |  |  |  |  |  |  |                          |  |

Coach feedback:

| Event number: 31: 4x100M MEDLEY MEN 13-14     |       |         |                |         |         |         | Heat:1, starttime: 18:31 |         |
|-----------------------------------------------|-------|---------|----------------|---------|---------|---------|--------------------------|---------|
| Heat: 1/2    Lane : 4    Athlete: TEAM MEGA 1 |       |         |                |         |         |         | Q-time: 05:00:70         |         |
| 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: