

# CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 07:00 untill 08:15. 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: 32: 400M FREESTYLE MEN 13-14      |         |          |                                                             |          |         |         | Heat:1, starttime: 08:30 |          |
|-------------------------------------------------|---------|----------|-------------------------------------------------------------|----------|---------|---------|--------------------------|----------|
| Heat: 1/9    Lane : 7    Athlete: HUENS BRIEK   |         |          |                                                             |          |         |         | Q-time: 05:04:24         |          |
| PB (50m pool): 05:10.16    Lochristi 01/02/2026 |         |          | PB (25m pool): 05:04.24SB: 05:10.16    Lochristi 01/02/2026 |          |         |         |                          |          |
|                                                 | 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                                              | no time | 01:14.46 | no time                                                     | 02:33.61 | no time | no time | no time                  | 05:10.16 |
|                                                 | no time |          |                                                             |          |         |         |                          |          |
|                                                 | .....   | .....    | .....                                                       | .....    | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 33: 800M FREESTYLE WOMEN 13-14             |         |         |                                    |         |         |         | Heat:1, starttime: 09:19 |          |
|----------------------------------------------------------|---------|---------|------------------------------------|---------|---------|---------|--------------------------|----------|
| Heat: 1/3    Lane : 2    Athlete: TAVERNIER LUCIA        |         |         |                                    |         |         |         | Q-time: 10:24:18         |          |
| PB (50m pool): 12:04.83    Gent (Rozebroeken) 03/03/2024 |         |         | PB (25m pool): 10:24.18SB: no time |         |         |         |                          |          |
|                                                          | 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 | no time | no time                            | no time | no time | no time | no time                  | no time  |
|                                                          | no time |         |                                    |         |         |         |                          |          |
|                                                          | .....   | .....   | .....                              | .....   | .....   | .....   | .....                    | .....    |
|                                                          | 4 5 0 M | 5 0 0 M | 5 5 0 M                            | 6 0 0 M | 6 5 0 M | 7 0 0 M | 7 5 0 M                  | 8 0 0 M  |
| PB                                                       | no time | no time | no time                            | no time | no time | no time | no time                  | 12:04.83 |
|                                                          |         |         |                                    |         |         |         |                          |          |
|                                                          | .....   | .....   | .....                              | .....   | .....   | .....   | .....                    | .....    |

Coach feedback:

| Event number: 34: 100M BUTTERFLY MEN 11-12        |           |  |           |  |                                                           |  |  |  |  | Heat:6, starttime: 10:02 |  |
|---------------------------------------------------|-----------|--|-----------|--|-----------------------------------------------------------|--|--|--|--|--------------------------|--|
| Heat: 6/11    Lane : 6    Athlete: TEIRLINCK TIGO |           |  |           |  |                                                           |  |  |  |  | Q-time: 01:25:74         |  |
| PB (50m pool): 01:25.74    Gent 08/02/2026        |           |  |           |  | PB (25m pool): no time    SB: 01:25.74    Gent 08/02/2026 |  |  |  |  |                          |  |
| PB                                                | 5 0 M     |  | 1 0 0 M   |  |                                                           |  |  |  |  |                          |  |
|                                                   | 00:39.50  |  | 01:25.74  |  |                                                           |  |  |  |  |                          |  |
|                                                   | 00:39.50  |  | 00:46.24  |  |                                                           |  |  |  |  |                          |  |
|                                                   | . . . . . |  | . . . . . |  |                                                           |  |  |  |  |                          |  |

Coach feedback:

# CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 34: 100M BUTTERFLY MEN 11-12                                                                                       |           |           | Heat:10, starttime: 10:10 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 10/11 Lane : 2 Athlete: DE VREESE SEPPE                                                                                    |           |           | Q-time: 01:18:15          |
| PB (50m pool): 01:18.15 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:24.54 SB: 01:18.15 Zwembad Brigitte Becue 26/04/2026 |           |           |                           |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                                                               | 00:36.44  | 01:18.15  |                           |
|                                                                                                                                  | 00:36.44  | 00:41.71  |                           |
|                                                                                                                                  | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 35: 100M FREESTYLE WOMEN 11-12                                                                                   |           |           | Heat:18, starttime: 10:44 |
|--------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|---------------------------|
| Heat: 18/20 Lane : 2 Athlete: VANDER HOOGERSTRAETE NORA                                                                        |           |           | Q-time: 01:08:38          |
| PB (50m pool): 01:08.38 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:09.89 SB: 01:08.38 Lago Gent Rozebroeken 03/05/2026 |           |           |                           |
|                                                                                                                                | 5 0 M     | 1 0 0 M   |                           |
| PB                                                                                                                             | 00:32.90  | 01:08.38  |                           |
|                                                                                                                                | 00:32.90  | 00:35.48  |                           |
|                                                                                                                                | . . . . . | . . . . . |                           |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN 13-14                                                                                      |           |           | Heat:1, starttime: 10:50 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 1/10 Lane : 3 Athlete: HINDRYCKX MAURO                                                                                     |           |           | Q-time: 01:17:25         |
| PB (50m pool): 01:17.25 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:15.77 SB: 01:17.25 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                               | 00:38.14  | 01:17.25  |                          |
|                                                                                                                                  | 00:38.14  | 00:39.11  |                          |
|                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN 13-14                                                            |           |           | Heat:1, starttime: 10:50 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 1/10 Lane : 5 Athlete: HUENS BRIEK                                                               |           |           | Q-time: 01:17:20         |
| PB (50m pool): 01:17.20 Antwerpen 15/03/2026 PB (25m pool): 01:17.78 SB: 01:17.20 Antwerpen 15/03/2026 |           |           |                          |
|                                                                                                        | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                     | 00:38.43  | 01:17.20  |                          |
|                                                                                                        | 00:38.43  | 00:38.77  |                          |
|                                                                                                        | . . . . . | . . . . . |                          |

Coach feedback:

# CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 36: 100M BACKSTROKE MEN 13-14                                                                                      |           |           | Heat:2, starttime: 10:52 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 2/10 Lane : 4 Athlete: BODDAERT LUCAS                                                                                      |           |           | Q-time: 01:16:83         |
| PB (50m pool): 01:20.05 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:16.83 SB: 01:20.05 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                               | 00:39.19  | 01:20.05  |                          |
|                                                                                                                                  | 00:39.19  | 00:40.86  |                          |
|                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN 13-14                                                            |           |           | Heat:2, starttime: 10:52 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 2/10 Lane : 7 Athlete: TURPIJN JULES                                                             |           |           | Q-time: 01:17:01         |
| PB (50m pool): 01:17.01 Antwerpen 15/03/2026 PB (25m pool): 01:18.34 SB: 01:17.01 Antwerpen 15/03/2026 |           |           |                          |
|                                                                                                        | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                     | 00:38.27  | 01:17.01  |                          |
|                                                                                                        | 00:38.27  | 00:38.74  |                          |
|                                                                                                        | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 36: 100M BACKSTROKE MEN 13-14                                                                                      |           |           | Heat:4, starttime: 10:57 |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|
| Heat: 4/10 Lane : 1 Athlete: VANHULLE WILLEM                                                                                     |           |           | Q-time: 01:15:88         |
| PB (50m pool): 01:15.88 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:16.41 SB: 01:15.88 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |
| PB                                                                                                                               | 00:37.25  | 01:15.88  |                          |
|                                                                                                                                  | 00:37.25  | 00:38.63  |                          |
|                                                                                                                                  | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 37: 200M BREASTSTROKE WOMEN 13-14                                                                                |           |           |           | Heat:4, starttime: 11:23 |
|--------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|--------------------------|
| Heat: 4/8 Lane : 1 Athlete: WAIGNEIN ROSIE                                                                                     |           |           |           | Q-time: 03:02:92         |
| PB (50m pool): 03:02.92 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:57.93 SB: 03:02.92 Lago Gent Rozebroeken 03/05/2026 |           |           |           |                          |
|                                                                                                                                | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M                  |
| PB                                                                                                                             | 00:42.26  | 01:29.45  | 02:16.34  | 03:02.92                 |
|                                                                                                                                | 00:42.26  | 00:47.19  | 00:46.89  | 00:46.58                 |
|                                                                                                                                | . . . . . | . . . . . | . . . . . | . . . . .                |

Coach feedback:

# CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 37: 200M BREASTSTROKE WOMEN 13-14                                                                                |           |           |           |           | Heat:5, starttime: 11:26 |
|--------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 5/8 Lane : 6 Athlete: POTIER JOLIE                                                                                       |           |           |           |           | Q-time: 03:00:33         |
| PB (50m pool): 03:00.33 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:58.49 SB: 03:00.33 Lago Gent Rozebroeken 03/05/2026 |           |           |           |           |                          |
|                                                                                                                                | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                                                             | 00:41.50  | 01:27.28  | 02:13.41  | 03:00.33  |                          |
|                                                                                                                                | 00:41.50  | 00:45.78  | 00:46.13  | 00:46.92  |                          |
|                                                                                                                                | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 37: 200M BREASTSTROKE WOMEN 13-14                                                        |           |           |           |           | Heat:7, starttime: 11:33 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 7/8 Lane : 3 Athlete: VAN DER PLAS LOTTE                                                         |           |           |           |           | Q-time: 02:55:81         |
| PB (50m pool): 02:55.81 Antwerpen 08/03/2026 PB (25m pool): 02:50.78 SB: 02:55.81 Antwerpen 08/03/2026 |           |           |           |           |                          |
|                                                                                                        | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                                     | 00:40.35  | 01:25.18  | 02:10.19  | 02:55.81  |                          |
|                                                                                                        | 00:40.35  | 00:44.83  | 00:45.01  | 00:45.62  |                          |
|                                                                                                        | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 37: 200M BREASTSTROKE WOMEN 13-14                                                        |           |           |           |           | Heat:8, starttime: 11:37 |
|--------------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|--------------------------|
| Heat: 8/8 Lane : 1 Athlete: DE VREESE JULIE                                                            |           |           |           |           | Q-time: 02:54:56         |
| PB (50m pool): 02:54.56 Antwerpen 20/07/2025 PB (25m pool): 02:49.19 SB: 02:55.37 Antwerpen 08/03/2026 |           |           |           |           |                          |
|                                                                                                        | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                          |
| PB                                                                                                     | 00:39.87  | 01:23.66  | 02:08.96  | 02:54.56  |                          |
|                                                                                                        | 00:39.87  | 00:43.79  | 00:45.30  | 00:45.60  |                          |
|                                                                                                        | . . . . . | . . . . . | . . . . . | . . . . . |                          |

Coach feedback:

| Event number: 38: 100M BREASTSTROKE MEN 13-14                                                                                    |           |           | Heat:2, starttime: 11:43 |  |  |
|----------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|--------------------------|--|--|
| Heat: 2/8 Lane : 7 Athlete: TURPIJN JULES                                                                                        |           |           | Q-time: 01:25:43         |  |  |
| PB (50m pool): 01:25.43 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:29.59 SB: 01:25.43 Zwembad Brigitte Becue 26/04/2026 |           |           |                          |  |  |
|                                                                                                                                  | 5 0 M     | 1 0 0 M   |                          |  |  |
| PB                                                                                                                               | 00:41.16  | 01:25.43  |                          |  |  |
|                                                                                                                                  | 00:41.16  | 00:44.27  |                          |  |  |
|                                                                                                                                  | . . . . . | . . . . . |                          |  |  |

Coach feedback:

# CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

| Event number: 38: 100M BREASTSTROKE MEN 13-14            |          |          |  | Heat:3, starttime: 11:45                                              |  |  |  |
|----------------------------------------------------------|----------|----------|--|-----------------------------------------------------------------------|--|--|--|
| Heat: 3/8 Lane : 2 Athlete: HINDRYCKX MAURO              |          |          |  | Q-time: 01:24:26                                                      |  |  |  |
| PB (50m pool): 01:24.26 Lago Gent Rozebroeken 03/05/2026 |          |          |  | PB (25m pool): 01:31.02 SB: 01:24.26 Lago Gent Rozebroeken 03/05/2026 |  |  |  |
|                                                          | 5 0 M    | 1 0 0 M  |  |                                                                       |  |  |  |
| PB                                                       | 00:39.49 | 01:24.26 |  |                                                                       |  |  |  |
|                                                          | 00:39.49 | 00:44.77 |  |                                                                       |  |  |  |
|                                                          | .....    | .....    |  |                                                                       |  |  |  |

Coach feedback:

| Event number: 38: 100M BREASTSTROKE MEN 13-14             |          |          |  | Heat:3, starttime: 11:45                                               |  |  |  |
|-----------------------------------------------------------|----------|----------|--|------------------------------------------------------------------------|--|--|--|
| Heat: 3/8 Lane : 6 Athlete: RABAEYS LUCAS                 |          |          |  | Q-time: 01:23:82                                                       |  |  |  |
| PB (50m pool): 01:23.82 Zwembad Brigitte Becue 26/04/2026 |          |          |  | PB (25m pool): 01:20.85 SB: 01:23.82 Zwembad Brigitte Becue 26/04/2026 |  |  |  |
|                                                           | 5 0 M    | 1 0 0 M  |  |                                                                        |  |  |  |
| PB                                                        | 00:39.89 | 01:23.82 |  |                                                                        |  |  |  |
|                                                           | 00:39.89 | 00:43.93 |  |                                                                        |  |  |  |
|                                                           | .....    | .....    |  |                                                                        |  |  |  |

Coach feedback:

| Event number: 38: 100M BREASTSTROKE MEN 13-14             |          |          |  | Heat:4, starttime: 11:47                                               |  |  |  |
|-----------------------------------------------------------|----------|----------|--|------------------------------------------------------------------------|--|--|--|
| Heat: 4/8 Lane : 6 Athlete: BODDAERT LUCAS                |          |          |  | Q-time: 01:22:07                                                       |  |  |  |
| PB (50m pool): 01:28.77 Zwembad Brigitte Becue 26/04/2026 |          |          |  | PB (25m pool): 01:22.07 SB: 01:28.77 Zwembad Brigitte Becue 26/04/2026 |  |  |  |
|                                                           | 5 0 M    | 1 0 0 M  |  |                                                                        |  |  |  |
| PB                                                        | 00:42.01 | 01:28.77 |  |                                                                        |  |  |  |
|                                                           | 00:42.01 | 00:46.76 |  |                                                                        |  |  |  |
|                                                           | .....    | .....    |  |                                                                        |  |  |  |

Coach feedback:

| Event number: 39: 4x100M FREESTYLE MIXED 11-12 |       |                |         |         |         | Heat:3, starttime: 12:08 |         |         |
|------------------------------------------------|-------|----------------|---------|---------|---------|--------------------------|---------|---------|
| Heat: 3/3 Lane : 6 Athlete: TEAM MEGA 1        |       |                |         |         |         | Q-time: 04:35:09         |         |         |
| 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:

CB-BK WE1 2026: Session: 5: COACH evaluation sheet for TEAM: MEGA

|                                                |           |           |                |           |           |           |                          |           |
|------------------------------------------------|-----------|-----------|----------------|-----------|-----------|-----------|--------------------------|-----------|
| Event number: 40: 4x100M FREESTYLE MIXED 13-14 |           |           |                |           |           |           | Heat:2, starttime: 12:19 |           |
| Heat: 2/3    Lane : 4    Athlete: TEAM MEGA 1  |           |           |                |           |           |           | Q-time: 04:17:25         |           |
| 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: