

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Loones Matthias HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:1, starttime: 08:57
Heat: 1/12 Lane : 6 Athlete: LAFAUT JEROME			Q-time: 01:04:96
PB (50m pool): 01:04.96 Sportoase De Watermolen 24/05/2026 PB (25m pool): 01:04.81 SB: 01:04.96 Sportoase De Watermolen 24/05/2026			
	5 0 M	1 0 0 M	
PB	00:29.89	01:04.96	
	00:29.89	00:35.07	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:3, starttime: 09:00
Heat: 3/12 Lane : 7 Athlete: DE JAEGER ANTON			Q-time: 01:03:38
PB (50m pool): 01:03.38 Antwerpen 27/07/2025 PB (25m pool): 01:02.83 SB: 01:06.34 Antwerpen 17/05/2026			
	5 0 M	1 0 0 M	
PB	00:29.97	01:03.38	
	00:29.97	00:33.41	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:4, starttime: 09:01
Heat: 4/12 Lane : 7 Athlete: VANBESIEN LOWIE			Q-time: 01:02:68
PB (50m pool): 01:02.68 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:00.25 SB: 01:02.68 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:28.97	01:02.68	
	00:28.97	00:33.71	
			

Coach feedback:

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Event number: 2: 100M BUTTERFLY MEN 15+			Heat:9, starttime: 09:09
Heat: 9/12 Lane : 3 Athlete: BAEYE LEON			Q-time: 00:59:57
PB (50m pool): 00:59.57 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:56.49 SB: 00:59.88 Lochristi 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:27.54	00:59.57	
	00:27.54	00:32.03	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:11, starttime: 09:12
Heat: 11/12 Lane : 7 Athlete: SCHRAM THOR			Q-time: 00:58:08
PB (50m pool): 00:58.08 Antwerpen 22/03/2026 PB (25m pool): 00:57.90 SB: 00:58.08 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:27.40	00:58.08	
	00:27.40	00:30.68	
			

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+			Heat:12, starttime: 09:13
Heat: 12/12 Lane : 8 Athlete: LEROUX WOUT			Q-time: 00:58:73
PB (50m pool): 00:58.73 Antwerpen 17/05/2026 PB (25m pool): 00:59.33 SB: 00:58.73 Antwerpen 17/05/2026			
	5 0 M	1 0 0 M	
PB	00:27.47	00:58.73	
	00:27.47	00:31.26	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+			Heat:11, starttime: 09:31
Heat: 11/16 Lane : 5 Athlete: DE RUIJTER ELISE			Q-time: 00:32:88
PB (50m pool): 00:32.88 Antwerpen 08/03/2026 PB (25m pool): 00:32.56 SB: 00:32.88 Antwerpen 08/03/2026			
	5 0 M		
PB	00:32.88		
	00:32.88		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 15+										Heat:13, starttime: 09:34																			
Heat: 13/16 Lane : 4 Athlete: SCHRAM MILA																				Q-time: 00:31:73									
PB (50m pool): 00:31.73 Antwerpen 17/05/2026										PB (25m pool): 00:32.09 SB: 00:31.73 Antwerpen 17/05/2026																			
	5 0 M																												
PB	00:31.73																												
	00:31.73																												
																													

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+										Heat:14, starttime: 09:36																																																											
Heat: 14/16																				Lane : 4										Athlete: VANHEUVERBEKE MARTHE										Q-time: 00:29:74																													
PB (50m pool): 00:29.68																				Antwerpen 21/04/2024										PB (25m pool): 00:28.45																				SB: 00:29.74										Antwerpen 17/05/2026									
		5 0 M																																																																			
PB		00:29.68																																																																			
		00:29.68																																																																			
																																																																					

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+										Heat:15, starttime: 09:37																													
Heat: 15/16																				Lane : 5					Athlete: MATTHEEUWS LIE										Q-time: 00:30:61				
PB (50m pool): 00:30.13										Antwerpen 21/04/2024										PB (25m pool): 00:29.15										SB: 00:30.61					Antwerpen 22/03/2026				
	5 0 M																																						
PB	00:30.13																																						
	00:30.13																																						
																																							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+										Heat:15, starttime: 09:37																																		
Heat: 15/16																				Lane : 6					Athlete: HUENS NOOR										Q-time: 00:31:01									
PB (50m pool): 00:31.01										Antwerpen					22/03/2026					PB (25m pool): 00:30.42										SB: 00:31.01					Antwerpen					22/03/2026				
	5 0 M																																											
PB	00:31.01																																											
	00:31.01																																											
																																												

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 15+				Heat:16, starttime: 09:39	
Heat: 16/16 Lane : 7 Athlete: GOETHALS HILKJE				Q-time: 00:31:41	
PB (50m pool): 00:31.41 Antwerp 09/02/2025				PB (25m pool): 00:29.83 SB: 00:31.46 Antwerpen 22/03/2026	
	5 0 M				
PB	00:31.41				
	00:31.41				
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:2, starttime: 10:13	
Heat: 2/9 Lane : 4 Athlete: DE RUIJTER ELISE					Q-time: 02:58:01	
PB (50m pool): 02:58.01 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:59.87 SB: 02:58.87 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:40.71	01:26.09	02:12.30	02:58.01		
	00:40.71	00:45.38	00:46.21	00:45.71		
						

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:8, starttime: 10:33	
Heat: 8/9 Lane : 5 Athlete: RAEMDONCK BENTHE-MARIE					Q-time: 02:37:87	
PB (50m pool): 02:37.87 Antwerpen 17/05/2026					PB (25m pool): 02:34.58 SB: 02:37.87 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:36.05	01:16.42	01:57.32	02:37.87		
	00:36.05	00:40.37	00:40.90	00:40.55		
						

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:9, starttime: 10:37	
Heat: 9/9 Lane : 4 Athlete: GOBERT LIES					Q-time: 02:36:18	
PB (50m pool): 02:36.18 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:33.39 SB: 02:38.77 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.71	01:15.29	01:54.96	02:36.18		
	00:35.71	00:39.58	00:39.67	00:41.22		
						

Coach feedback:

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Event number: 6: 200M BACKSTROKE MEN 15+					Heat:4, starttime: 10:51
Heat: 4/10 Lane : 4 Athlete: DE DECKER TIBE					Q-time: 02:24:17
PB (50m pool): 02:24.17 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:16.31 SB: 02:24.17 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.10	01:09.79	01:48.21	02:24.17	
	00:33.10	00:36.69	00:38.42	00:35.96	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:6, starttime: 10:58
Heat: 6/10 Lane : 1 Athlete: NAAKTGEBOREN JAKOB					Q-time: 02:21:23
PB (50m pool): 02:21.23 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:17.53 SB: 02:21.23 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.55	01:08.64	01:45.54	02:21.23	
	00:32.55	00:36.09	00:36.90	00:35.69	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:7, starttime: 11:01
Heat: 7/10 Lane : 1 Athlete: CLAEYS OSCAR					Q-time: 02:19:38
PB (50m pool): 02:17.10 ANTWERPEN 30/07/2023 PB (25m pool): 02:12.92 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	02:17.10	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:7, starttime: 11:01
Heat: 7/10 Lane : 5 Athlete: VAN DEURSEN SIEBE					Q-time: 02:18:11
PB (50m pool): 02:18.11 Antwerpen 27/07/2025 PB (25m pool): 02:13.27 SB: 02:21.35 Antwerpen 17/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.69	01:06.07	01:42.44	02:18.11	
	00:31.69	00:34.38	00:36.37	00:35.67	
					

Coach feedback:

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Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:3, starttime: 11:21
Heat: 3/4 Lane : 1 Athlete: DE DECKER FEBE					Q-time: 02:34:67
PB (50m pool): 02:34.67 Antwerpen 22/03/2026			PB (25m pool): 02:29.24 SB: 02:34.67 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.59	01:12.48	01:52.90	02:34.67	
	00:33.59	00:38.89	00:40.42	00:41.77	
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:4, starttime: 11:33
Heat: 4/12 Lane : 4 Athlete: LAFAUT LEON					Q-time: 01:13:00
PB (50m pool): 01:13.00 Antwerpen 22/03/2026			PB (25m pool): 01:12.46 SB: 01:13.00 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M			
PB	00:33.96	01:13.00			
	00:33.96	00:39.04			
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+					Heat:3, starttime: 11:50
Heat: 3/13 Lane : 2 Athlete: DE RUIJTER ELISE					Q-time: 00:28:99
PB (50m pool): 00:28.99 Antwerpen 27/07/2025			PB (25m pool): 00:28.50 SB: 00:29.23 Lochristi 01/02/2026		
	5 0 M				
PB	00:28.99				
	00:28.99				
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+					Heat:3, starttime: 11:50
Heat: 3/13 Lane : 8 Athlete: VAN HERPE MILLY					Q-time: 00:29:02
PB (50m pool): 00:29.02 Antwerpen 20/04/2025			PB (25m pool): 00:29.17 SB: 00:29.10 Zwembad Brigitte Becue 26/04/2026		
	5 0 M				
PB	00:29.02				
	00:29.02				
					

Coach feedback:

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:4, starttime: 11:51																				
Heat: 4/13 Lane : 7 Athlete: HUENS NOOR																				Q-time: 00:28:83										
PB (50m pool): 00:28.83 Eindhoven 16/03/2025										PB (25m pool): no time SB: 00:29.30 Lochristi 01/02/2026																				
	5 0 M																													
PB	00:28.83																													
	00:28.83																													
																														

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+							Heat:5, starttime: 11:52		
Heat: 5/13 Lane : 5 Athlete: SCHRAM MILA							Q-time: 00:28:56		
PB (50m pool): 00:28.56 Eindhoven 22/03/2026							PB (25m pool): 00:28.73SB: 00:28.56 Eindhoven 22/03/2026		
	5 0 M								
PB	00:28.56								
	00:28.56								
									

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:7, starttime: 11:54																																							
Heat: 7/13										Lane : 6										Athlete: RAEMDONCK BENTHE-MARIE										Q-time: 00:28:31																			
PB (50m pool): 00:28.13										ANTWERPEN 30/07/2023										PB (25m pool): 00:27.69										SB: 00:28.31										Antwerpen 22/03/2026									
	5 0 M																																																
PB	00:28.13																																																
	00:28.13																																																
																																																	

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+										Heat:10, starttime: 11:57																													
Heat: 10/13																				Lane : 5					Athlete: GOBERT LIES										Q-time: 00:27:61				
PB (50m pool): 00:27.61										Gent 08/02/2026					PB (25m pool): no time										SB: 00:27.61					Gent 08/02/2026									
		5 0 M																																					
PB		00:27.61																																					
		00:27.61																																					
																																							

Coach feedback:

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Event number: 9: 50M FREESTYLE WOMEN 15+				Heat:10, starttime: 11:57	
Heat: 10/13 Lane : 6 Athlete: VAN GYSEL MAITE				Q-time: 00:27:63	
PB (50m pool): 00:27.63 Antwerpen 27/04/2025				PB (25m pool): 00:27.20 SB: 00:27.68 Rotterdam 19/04/2026	
	5 0 M				
PB	00:27.63				
	00:27.63				
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+				Heat:11, starttime: 11:58	
Heat: 11/13 Lane : 4 Athlete: MATTHEEUWS LIE				Q-time: 00:26:47	
PB (50m pool): 00:26.47 Antwerpen 27/04/2025				PB (25m pool): 00:26.08 SB: 00:26.56 Antwerpen 17/05/2026	
	5 0 M				
PB	00:26.47				
	00:26.47				
					

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+				Heat:11, starttime: 11:58	
Heat: 11/13 Lane : 7 Athlete: HOSTE CELESTE				Q-time: 00:27:38	
PB (50m pool): 00:27.62 Antwerpen 22/03/2026				PB (25m pool): no time SB: 00:27.62 Antwerpen 22/03/2026	
	5 0 M				
PB	00:27.62				
	00:27.62				
					

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+				Heat:2, starttime: 12:02	
Heat: 2/15 Lane : 1 Athlete: DE JAEGER ANTON				Q-time: 00:26:72	
PB (50m pool): 00:26.72 Antwerpen 27/07/2025				PB (25m pool): 00:26.32 SB: 00:26.82 Rotterdam 19/04/2026	
	5 0 M				
PB	00:26.72				
	00:26.72				
					

Coach feedback:

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

Event number: 10: 50M FREESTYLE MEN 15+			Heat:3, starttime: 12:03
Heat: 3/15 Lane : 1 Athlete: LAFAUT JEROME			Q-time: 00:26:35
PB (50m pool): 00:26.35 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 00:27.48 SB: 00:26.35 Zwembad Brigitte Becue 26/04/2026			
	5 0 M		
PB	00:26.35		
	00:26.35		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:10, starttime: 12:10
Heat: 10/15 Lane : 5 Athlete: SCHRAM THOR			Q-time: 00:24:95
PB (50m pool): 00:24.95 Antwerpen 17/05/2026 PB (25m pool): 00:24.61 SB: 00:24.95 Antwerpen 17/05/2026			
	5 0 M		
PB	00:24.95		
	00:24.95		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:11, starttime: 12:11
Heat: 11/15 Lane : 1 Athlete: LEROUX WOUT			Q-time: 00:24:91
PB (50m pool): 00:24.91 Antwerpen 17/05/2026 PB (25m pool): 00:25.28 SB: 00:24.91 Antwerpen 17/05/2026			
	5 0 M		
PB	00:24.91		
	00:24.91		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:13, starttime: 12:13
Heat: 13/15 Lane : 3 Athlete: DE MUL TOM			Q-time: 00:23:98
PB (50m pool): 00:23.98 Antwerpen 27/04/2025 PB (25m pool): 00:22.96 SB: 00:24.11 Amersfoort 22/02/2026			
	5 0 M		
PB	00:23.98		
	00:23.98		
			

Coach feedback:

CB-BK WE2 2026: Session: 1: COACH evaluation sheet for TEAM: MEGA

Event number: 10: 50M FREESTYLE MEN 15+										Heat:15, starttime: 12:14																				
Heat: 15/15 Lane : 4 Athlete: BAEYE LEON																				Q-time: 00:22:74										
PB (50m pool): 00:22.74 Antwerpen 17/05/2026										PB (25m pool): 00:22.38SB: 00:22.74 Antwerpen 17/05/2026																				
	5 0 M																													
PB	00:22.74																													
	00:22.74																													
																														

Coach feedback:

Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:3, starttime: 12:27	
Heat: 3/5 Lane : 3 Athlete: TEAM MEGA 3							Q-time: 04:28:64	
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:

Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:5, starttime: 12:37	
Heat: 5/5 Lane : 5 Athlete: TEAM MEGA 1							Q-time: 04:02:96	
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:

Event number: 11: 4x100M MEDLEY MIXED 15+							Heat:5, starttime: 12:37	
Heat: 5/5 Lane : 7 Athlete: TEAM MEGA 2							Q-time: 04:11:98	
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: