VJTC 2026: Session: 5: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 08:15 untill 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Victoor Inge

Coaches: Van Buggenhout Koen HEADCOACH

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

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:1, starttime: 09:30

Heat: 1/3 Lane : 6 Athlete: VERHAMME MATTS — **Q-time: 04:32:26**

PB (50m pool): 04:32.26 Antwerpen 27/07/2025 **PB (25m pool):** 04:33.31 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:30.30	01:03.65	01:38.71	02:14.05	02:49.57	03:24.86	04:00.52	04:32.26
	00:30.30	*00:33.35*	*00:35.06*	*00:35.34*	*00:35.52*	*00:35.29*	*00:35.66*	*00:31.74*
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Coach feedback:

Event number: 51: 400M FREESTYLE MEN 15-16 — Heat:2, starttime: 09:35

Heat: 2/3 Lane : 5 Athlete: COENE XANDER — **Q-time: 04:21:04**

PB (50m pool): 04:29.87 Gent 08/02/2026 **PB (25m pool):** 04:21.04 **SB:** 04:29.87 Gent 08/02/2026

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	01:03.77	no time	02:11.78	no time	no time	no time	04:29.87
	no time							
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Coach feedback: