

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

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

Coaches: Van Buggenhout Koen

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY MEN 15+				Heat:2, starttime: 08:58			
Heat: 2/12 Lane : 3 Athlete: VERHAMME MATTS				Q-time: 01:04:12			
PB (50m pool): 01:04.12 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): 01:00.63 SB: 01:04.12 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M					
PB	00:30.17	01:04.12					
	00:30.17	00:33.95					
							

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+				Heat:8, starttime: 09:07			
Heat: 8/12 Lane : 3 Athlete: COENE XANDER				Q-time: 01:00:42			
PB (50m pool): 01:00.42 Gent 08/02/2026				PB (25m pool): 00:59.81 SB: 01:00.42 Gent 08/02/2026			
	5 0 M	1 0 0 M					
PB	00:28.04	01:00.42					
	00:28.04	00:32.38					
							

Coach feedback:

Event number: 4: 400M MEDLEY MEN 15-18							Heat:3, starttime: 09:52	
Heat: 3/5 Lane : 3 Athlete: VERHAMME MATTS							Q-time: 05:08:45	
PB (50m pool): 05:08.45 Sportoase De Watermolen 24/05/2026 PB (25m pool): 04:59.13SB: 05:08.45 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	00:29.39	01:04.72	01:46.74	02:27.50	03:12.87	03:58.76	04:34.63	05:08.45
	00:29.39	00:35.33	00:42.02	00:40.76	00:45.37	00:45.89	00:35.87	00:33.82
								

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 15+			Heat:8, starttime: 11:39
Heat: 8/12 Lane : 6 Athlete: COENE XANDER			Q-time: 01:10:79
PB (50m pool): 01:10.79 Antwerpen 08/03/2026			PB (25m pool): 01:08.57 SB: 01:10.79 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:33.12	01:10.79	
	00:33.12	00:37.67	
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:4, starttime: 12:04
Heat: 4/15 Lane : 7 Athlete: VERHAMME MATTS			Q-time: 00:26:09
PB (50m pool): 00:26.09 Gent 08/02/2026			PB (25m pool): 00:24.41 SB: 00:26.09 Gent 08/02/2026
	5 0 M		
PB	00:26.09		
	00:26.09		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:6, starttime: 12:06
Heat: 6/15 Lane : 6 Athlete: VAN OOST MARTIJN			Q-time: 00:25:66
PB (50m pool): 00:25.66 Sportoase De Watermolen 24/05/2026			PB (25m pool): 00:25.01 SB: 00:25.66 Sportoase De Watermolen 24/05/2026
	5 0 M		
PB	00:25.66		
	00:25.66		
			

Coach feedback:

Event number: 10: 50M FREESTYLE MEN 15+			Heat:7, starttime: 12:07
Heat: 7/15 Lane : 4 Athlete: SCHAUBROECK YARNO			Q-time: 00:25:54
PB (50m pool): 00:25.54 Sportoase De Watermolen 24/05/2026			PB (25m pool): 00:25.06 SB: 00:25.54 Sportoase De Watermolen 24/05/2026
	5 0 M		
PB	00:25.54		
	00:25.54		
			

Coach feedback: