

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ 13:45 The listed starttimes are indicative!

Coaches: Van Buggenhout Koen HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:1, starttime: 14:00
Heat: 1/13 Lane : 4 Athlete: PIETERS MAURO					Q-time: 01:27:15
PB (25m pool): 01:27.15 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:33.25 SB: 01:27.15 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.91		01:27.15	
	00:41.91		00:45.24		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:3, starttime: 14:04
Heat: 3/13 Lane : 5 Athlete: VERSCHELDE THIJS					Q-time: 01:11:52
PB (25m pool): 01:11.52 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:11.19 SB: 01:11.52 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.52		01:11.52	
	00:34.52		00:37.00		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:4, starttime: 14:05
Heat: 4/13 Lane : 1 Athlete: LONG XIANG					Q-time: 01:10:16
PB (25m pool): 01:10.16 Temse 17/11/2025					PB (50m pool): 01:16.95 SB: 01:10.16 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.68		01:10.16	
	00:33.68		00:36.48		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 1: 100M FREESTYLE MEN 11+					Heat:4, starttime: 14:05
Heat: 4/13 Lane : 5 Athlete: VANMEIRHAEGHE KASPER					Q-time: 01:08:35
PB (25m pool): 01:08.35 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:09.11 SB: 01:08.35 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.31		01:08.35	
	00:33.31		00:35.04		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 14:09
Heat: 6/13 Lane : 3 Athlete: NIEMEGEERTS SVEN					Q-time: 01:03:47
PB (25m pool): 01:03.47 TEMSE 18/05/2025					PB (50m pool): 01:04.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.09		01:03.47	
	00:31.09		00:32.38		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 14:13
Heat: 9/13 Lane : 2 Athlete: NIEMEGEERTS IVAN					Q-time: 00:59:53
PB (25m pool): 00:59.53 T ROSCO 12/10/2025					PB (50m pool): 01:02.76 SB: 00:59.53 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.74		00:59.53	
	00:28.74		00:30.79		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:11, starttime: 14:16
Heat: 11/13 Lane : 4 Athlete: COENE XANDER					Q-time: 00:56:26
PB (25m pool): 00:56.26 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:57.74 SB: 00:56.26 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.14		00:56.26	
	00:27.14		00:29.12		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 1: 100M FREESTYLE MEN 11+					Heat:12, starttime: 14:17
Heat: 12/13 Lane : 1 Athlete: VAN OOST MARTIJN					Q-time: 00:55:43
PB (25m pool): 00:55.43 T ROSCO 12/10/2025					PB (50m pool): 00:57.43 SB: 00:55.43 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.98		00:55.43	
	00:26.98		00:28.45		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:22
Heat: 2/12 Lane : 4 Athlete: VAN BUGGENHOUT AMBER					Q-time: 01:21:76
PB (25m pool): 01:21.76 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:24.09 SB: 01:21.76 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.08		01:21.76	
	00:39.08		00:42.68		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:22
Heat: 2/12 Lane : 5 Athlete: CONRADIE BEAH					Q-time: 01:23:49
PB (25m pool): 01:23.49 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:25.87 SB: 01:23.49 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.89		01:23.49	
	00:39.89		00:43.60		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:22
Heat: 2/12 Lane : 7 Athlete: VANDENBUSSCHE LENA					Q-time: 01:27:37
PB (25m pool): 01:27.37 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:31.57 SB: 01:27.37 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.85		01:27.37	
	00:41.85		00:45.52		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:26
Heat: 4/12 Lane : 2 Athlete: DIERICKX MAREN					Q-time: 01:14:78
PB (25m pool): 01:14.78 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:19.15 SB: 01:14.78 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.56		01:14.78	
	00:35.56		00:39.22		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:26
Heat: 4/12 Lane : 5 Athlete: WILLAERT NAOMI					Q-time: 01:14:23
PB (25m pool): 01:14.23 T ROSCO 12/10/2025					PB (50m pool): 01:15.42 SB: 01:14.23 T ROSCO 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.56		01:14.23	
	00:35.56		00:38.67		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:26
Heat: 4/12 Lane : 7 Athlete: SCHEFAUT FLOOR					Q-time: 01:15:33
PB (25m pool): 01:15.33 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:17.14 SB: 01:15.33 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.51		01:15.33	
	00:36.51		00:38.82		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:27
Heat: 5/12 Lane : 3 Athlete: LAGA LORE					Q-time: 01:12:14
PB (25m pool): 01:12.14 LAGO Zwevegem 09/06/2025					PB (50m pool): 01:14.30 SB: 01:13.65 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.54		01:12.14	
	00:34.54		00:37.60		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 14:55	
Heat: 3/6 Lane : 2 Athlete: LONG XIANG							Q-time: 04:14:24	
PB (25m pool): 04:14.24 Eeklo 21/04/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:56.85		02:02.59		no time		04:14.24
	00:56.85		01:05.74					
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 14:55	
Heat: 3/6 Lane : 6 Athlete: PIETERS MAURO							Q-time: 03:59:72	
PB (25m pool): 03:59.72 Eeklo 21/04/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:52.47		01:54.69		no time		03:59.72
	00:52.47		01:02.22					
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:5, starttime: 15:04	
Heat: 5/6 Lane : 3 Athlete: NIEMEGEERTS IVAN							Q-time: 02:50:64	
PB (25m pool): 02:50.64 T ROSCO 12/10/2025				PB (50m pool): 02:53.11SB: 02:50.64 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.64		01:23.07		02:07.72		02:50.64
	00:39.64		00:43.43		00:44.65		00:42.92	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 11+							Heat:5, starttime: 15:04	
Heat: 5/6 Lane : 5 Athlete: VAN OOST MARTIJN							Q-time: 02:49:88	
PB (25m pool): 02:49.88 Zottegem 09/03/2025				PB (50m pool): 02:54.07 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.85		01:23.13		no time		02:49.88
	00:38.85		00:44.28					
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:10	
Heat: 1/5 Lane : 7 Athlete: CONRADIE BEAH							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:15	
Heat: 2/5 Lane : 7 Athlete: VANDENBUSSCHE LENA							Q-time: 03:46:53	
PB (25m pool): 03:46.53 LAGO Zwevegem 09/06/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:52.48		01:50.56		02:50.11		03:46.53
	00:52.48		00:58.08		00:59.55		00:56.42	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:15	
Heat: 2/5 Lane : 8 Athlete: WILLAERT NAOMI							Q-time: 03:49:54	
PB (25m pool): 03:49.54 Zottegem 09/03/2025			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:51.57		01:49.51		no time		03:49.54
	00:51.57		00:57.94					
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 15:19	
Heat: 3/5 Lane : 8 Athlete: VAN BUGGENHOUT AMBER							Q-time: 03:29:49	
PB (25m pool): 03:29.49 LAGO Zwevegem 09/06/2025				PB (50m pool): 04:07.56 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:48.41		01:41.53		02:35.41		03:29.49
	00:48.41		00:53.12		00:53.88		00:54.08	
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:23	
Heat: 4/5 Lane : 3 Athlete: SCHELFAUT FLOOR							Q-time: 03:15:32	
PB (25m pool): 03:15.32 Eeklo 21/04/2025				PB (50m pool): 03:32.38SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.31		01:35.59		no time		03:15.32
	00:45.31		00:50.28					
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:23	
Heat: 4/5 Lane : 7 Athlete: LAGA LORE							Q-time: 03:20:38	
PB (25m pool): 03:20.38 Eeklo 21/04/2025				PB (50m pool): 03:30.57SB: 03:23.96 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.79		01:37.70		no time		03:20.38
	00:46.79		00:50.91					
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 15:23	
Heat: 4/5 Lane : 8 Athlete: DIERICKX MAREN							Q-time: 03:22:30	
PB (25m pool): 03:22.30 LAGO Zwevegem 09/06/2025				PB (50m pool): 03:23.45SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.70		01:39.00		02:32.39		03:22.30
	00:46.70		00:52.30		00:53.39		00:49.91	
								

Coach feedback:

Event number: 8: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 16:00	
Heat: 1/3 Lane : 6 Athlete: COENE XANDER							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 8: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 16:04	
Heat: 2/3 Lane : 4 Athlete: NIEMEGEERTS SVEN							Q-time: 02:54:10	
PB (25m pool): no time			PB (50m pool): 02:54.10SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+							Heat:1, starttime: 16:25	
Heat: 1/9 Lane : 3 Athlete: PIETERS MAURO							Q-time: 01:39:79	
PB (25m pool): 01:39.79 Sint-Amandsberg 19/10/2025				PB (50m pool): 01:45.61SB: 01:39.79 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:48.77		01:39.79				
	00:48.77		00:51.02					
								

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+							Heat:3, starttime: 16:30	
Heat: 3/9 Lane : 2 Athlete: VERSCHELDE THIJS							Q-time: 01:25:37	
PB (25m pool): 01:25.37 TEMSE 30/03/2025				PB (50m pool): 01:28.25SB: 01:27.56 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:41.56		01:25.37				
	00:41.56		00:43.81					
								

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+							Heat:3, starttime: 16:30	
Heat: 3/9 Lane : 3 Athlete: LONG XIANG							Q-time: 01:23:38	
PB (25m pool): 01:23.38 Temse 17/11/2025				PB (50m pool): 01:29.89SB: 01:23.38 Temse 17/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:40.32		01:23.38				
	00:40.32		00:43.06					
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 16:34
Heat: 5/9 Lane : 4 Athlete: NIEMEGEREETS SVEN					Q-time: 01:15:32
PB (25m pool): 01:15.32 TEMSE 30/03/2025					PB (50m pool): 01:18.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.60		01:15.32	
	00:36.60		00:38.72		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 16:34
Heat: 5/9 Lane : 6 Athlete: VANMEIRHAEGHE KASPER					Q-time: 01:17:55
PB (25m pool): 01:17.55 Sint-Amansberg 19/10/2025					PB (50m pool): 01:19.97 SB: 01:17.55 Sint-Amansberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.50		01:17.55	
	00:38.50		00:39.05		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 16:40
Heat: 8/9 Lane : 5 Athlete: COENE XANDER					Q-time: 01:03:00
PB (25m pool): 01:03.00 Sint-Amansberg 19/10/2025					PB (50m pool): 01:04.13 SB: 01:03.00 Sint-Amansberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.03		01:03.00	
	00:31.03		00:31.97		
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 16:40
Heat: 8/9 Lane : 7 Athlete: VAN OOST MARTIJN					Q-time: 01:07:35
PB (25m pool): 01:07.35 Gent 23/02/2025					PB (50m pool): 01:09.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.91		01:07.35	
	00:32.91		00:34.44		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:46
Heat: 2/11 Lane : 3 Athlete: CONRADIE BEAH					Q-time: 01:40:69
PB (25m pool): 01:40.69 Sint-Amandsberg 19/10/2025					PB (50m pool): no time SB: 01:40.69 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.04		01:40.69	
	00:48.04		00:52.65		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 16:46
Heat: 2/11 Lane : 6 Athlete: VANDENBUSSCHE LENA					Q-time: 01:40:71
PB (25m pool): 01:40.71 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:46.01 SB: 01:40.71 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.50		01:40.71	
	00:49.50		00:51.21		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:51
Heat: 4/11 Lane : 1 Athlete: LAGA LORE					Q-time: 01:31:49
PB (25m pool): 01:31.49 TEMSE 18/05/2025					PB (50m pool): 01:33.42 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.93		01:31.49	
	00:44.93		00:46.56		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:51
Heat: 4/11 Lane : 4 Athlete: VAN BUGGENHOUT AMBER					Q-time: 01:30:57
PB (25m pool): 01:30.57 Gent 23/02/2025					PB (50m pool): 01:32.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.68		01:30.57	
	00:43.68		00:46.89		
					

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:53
Heat: 5/11 Lane : 3 Athlete: SCHELFAUT FLOOR					Q-time: 01:26:09
PB (25m pool): 01:26.09 TEMSE 18/05/2025					PB (50m pool): 01:30.37 SB: 01:26.22 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.77		01:26.09	
	00:42.77		00:43.32		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:53
Heat: 5/11 Lane : 8 Athlete: DIERICKX MAREN					Q-time: 01:29:63
PB (25m pool): 01:29.63 TEMSE 18/05/2025					PB (50m pool): 01:33.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.77		01:29.63	
	00:44.77		00:44.86		
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:55
Heat: 6/11 Lane : 8 Athlete: WILLAERT NAOMI					Q-time: 01:25:38
PB (25m pool): 01:25.38 Temse 17/11/2025					PB (50m pool): 01:27.82 SB: 01:25.38 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.91		01:25.38	
	00:42.91		00:42.47		
					

Coach feedback:

Event number: 13: 400M MEDLEY MEN 11+							Heat:1, starttime: 17:07	
Heat: 1/2 Lane : 2 Athlete: NIEMEGEERTS IVAN							Q-time: 06:01:47	
PB (25m pool): 06:01.47 T ROSCO 20/10/2024				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.42		01:22.31		02:10.03		02:56.80
	00:37.42		00:44.89		00:47.72		00:46.77	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:47.66		04:37.77		05:19.94		06:01.47
	00:50.86		00:50.11		00:42.17		00:41.53	
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 13: 400M MEDLEY MEN 11+							Heat:1, starttime: 17:07	
Heat: 1/2 Lane : 8 Athlete: VERSCHELDE THIJS							Q-time: 06:37:19	
PB (25m pool): 06:37.19 Zottegem 09/03/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:38.38		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:37.19
								

Coach feedback:

Event number: 15: 4x50M MEDLEY MEN 11+							Heat:1, starttime: 17:39	
Heat: 1/3 Lane : 4 Athlete: TEAM SOS 1							Q-time: 02:41:24	
PB (25m pool):			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB								
								

Coach feedback:

Event number: 15: 4x50M MEDLEY MEN 11+							Heat:3, starttime: 17:45	
Heat: 3/3 Lane : 8 Athlete: TEAM SOS 1							Q-time: 02:01:37	
PB (25m pool):			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB								
								

Coach feedback:

Laatste kans Vita: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 16: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 17:48	
Heat: 1/3 Lane : 4 Athlete: TEAM SOS 1							Q-time: 02:40:69	
PB (25m pool):			PB (50m pool):			SB:		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB								
								

Coach feedback: