ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

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

Coaches: Van Buggenhout Koen

Coaches: Verhamme Joris HEADCOACH

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

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:7, starttime: 14:21

Heat: 7/14 Lane : 4 Athlete: CONRADIE BEAH **Q-time: 01:21:38**

PB (25m pool): 01:21.52 Temse 21/12/2025 **PB (50m pool):** 01:21.38 **SB:** 01:21.52 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:38.15		01:21.52	
		00:38.15		*00:43.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:8, starttime: 14:23

Heat: 8/14 Lane : 4 Athlete: VANDENBUSSCHE LENA **Q-time: 01:17:77**

PB (25m pool): 01:17.77 Durmehal 28/02/2026 **PB (50m pool):** 01:20.26 **SB:** 01:17.77 Durmehal 28/02/2026

	25 M	50 M	75 M	100 M	
PB		00:37.23		01:17.77	
		00:37.23		*00:40.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:9, starttime: 14:25

Heat: 9/14 Lane : 7 Athlete: VAN BUGGENHOUT AMBER **Q-time: 01:15:98**

PB (25m pool): 01:15.98 Temse 21/12/2025 **PB (50m pool):** 01:19.63 **SB:** 01:15.98 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:36.44		01:15.98	
		00:36.44		*00:39.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:10, starttime: 14:27

Heat: 10/14 Lane : 3 Athlete: SCHELFAUT FLOOR — **Q-time: 01:13:81**

PB (25m pool): 01:14.23 Temse 21/12/2025 — **PB (50m pool):** 01:13.72 **SB:** 01:14.23 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:35.41		01:14.23	
		00:35.41		*00:38.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:11, starttime: 14:29

Heat: 11/14 Lane : 2 Athlete: WILLAERT NAOMI — **Q-time: 01:12:95**

PB (25m pool): 01:12.95 Temse 21/12/2025 — **PB (50m pool):** 01:15.42 **SB:** 01:12.95 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:35.13		01:12.95	
		00:35.13		*00:37.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:11, starttime: 14:29

Heat: 11/14 Lane : 4 Athlete: LAGA LORE — **Q-time: 01:12:14**

PB (25m pool): 01:12.14 LAGO Zwevegem 09/06/2025 — **PB (50m pool):** 01:13.93 **SB:** 01:12.26 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:34.54		01:12.14	
		00:34.54		*00:37.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ — Heat:13, starttime: 14:32

Heat: 13/14 Lane : 1 Athlete: DIERICKX MAREN — **Q-time: 01:09:63**

PB (25m pool): 01:09.63 Durmehal 28/02/2026 — **PB (50m pool):** 01:12.19 **SB:** 01:09.63 Durmehal 28/02/2026

	25 M	50 M	75 M	100 M	
PB		00:33.11		01:09.63	
		00:33.11		*00:36.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 14:40

Heat: 3/11 Lane : 3 Athlete: DE CONINCK MAXIME — **Q-time: 01:26:51**

PB (25m pool): no time **PB (50m pool):** 01:26.51 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:8, starttime: 14:49

Heat: 8/11 Lane : 3 Athlete: VANMEIRHAEGHE KASPER — **Q-time: 01:06:75**

PB (25m pool): 01:06.75 Temse 21/12/2025 **PB (50m pool):** 01:08.19 **SB:** 01:06.75 Temse 21/12/2025

	25 M	50 M	75 M	100 M	
PB		00:32.10		01:06.75	
		00:32.10		*00:34.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:8, starttime: 14:49

Heat: 8/11 Lane : 7 Athlete: VERSCHELDE THIJS — **Q-time: 01:09:18**

PB (25m pool): 01:09.18 Durmehal 28/02/2026 **PB (50m pool):** 01:10.74 **SB:** 01:09.18 Durmehal 28/02/2026

	25 M	50 M	75 M	100 M	
PB		00:32.96		01:09.18	
		00:32.96		*00:36.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 14:51

Heat: 9/11 Lane : 2 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:** 01:04.63 Durmehal 28/02/2026

	25 M	50 M	75 M	100 M	
PB		00:31.09		01:03.47	
		00:31.09		*00:32.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 3: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 14:51

Heat: 9/11 Lane : 8 Athlete: HEMELSOEN AARYAN — **Q-time: 01:04:07**

PB (25m pool): no time **PB (50m pool):** 01:04.07 **SB:** no time

	25M	50M	75M	100M
PB		no time		no time
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN 11+ — Heat:3, starttime: 15:11

Heat: 3/4 Lane : 4 Athlete: VAN BUGGENHOUT AMBER — **Q-time: 07:10:50**

PB (25m pool): 07:10.50 Zottegem 09/03/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:52.58		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		07:10.50
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 400M MEDLEY MEN 11+ — Heat:2, starttime: 15:34

Heat: 2/4 Lane : 2 Athlete: VERHAMME MATTS — **Q-time: 99:99:99**

PB (25m pool): 05:24.84 T ROSCO 20/10/2024 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:34.65		01:14.53		01:56.50		02:38.77
		00:34.65		*00:39.88*		*00:41.97*		*00:42.27*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		03:25.48		04:13.32		04:50.45		05:24.84
		00:46.71		*00:47.84*		*00:37.13*		*00:34.39*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 5: 400M MEDLEY MEN 11+ — Heat:2, starttime: 15:34

Heat: 2/4 Lane : 3 Athlete: LONG XIANG — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 400M MEDLEY MEN 11+ — Heat:4, starttime: 15:50

Heat: 4/4 Lane : 6 Athlete: VAN OOST MARTIJN — **Q-time: 05:21:58**

PB (25m pool): 05:21.58 Zottegem 09/03/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:18.37		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		05:21.58
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:6, starttime: 16:24

Heat: 6/8 Lane : 2 Athlete: WILLAERT NAOMI — **Q-time: 03:35:28**

PB (25m pool): 03:35.28 Temse 21/12/2025 **PB (50m pool):** no time **SB:** 03:35.28 Temse 21/12/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:48.05		01:42.78		02:38.84		03:35.28
	00:48.05		*00:54.73*		*00:56.06*		*00:56.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:6, starttime: 16:24

Heat: 6/8 Lane : 6 Athlete: CONRADIE BEAH — **Q-time: 03:35:06**

PB (25m pool): 03:35.06 Temse 21/12/2025 **PB (50m pool):** no time **SB:** 03:35.06 Temse 21/12/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:48.43		01:42.89		02:39.77		03:35.06
		00:48.43		*00:54.46*		*00:56.88*		*00:55.29*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:7, starttime: 16:28

Heat: 7/8 Lane : 5 Athlete: VANDENBUSSCHE LENA — **Q-time: 03:23:14**

PB (25m pool): 03:23.14 Temse 21/12/2025 **PB (50m pool):** 03:24.33 **SB:** 03:23.14 Temse 21/12/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:47.23		01:38.49		02:32.06		03:23.14
		00:47.23		*00:51.26*		*00:53.57*		*00:51.08*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:8, starttime: 16:32

Heat: 8/8 Lane : 1 Athlete: LAGA LORE — **Q-time: 03:20:38**

PB (25m pool): 03:20.38 Eeklo 21/04/2025 **PB (50m pool):** 03:30.57 **SB:** 03:23.96 T ROSCO 12/10/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:46.79		01:37.70		no time		03:20.38
		00:46.79		*00:50.91*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:8, starttime: 16:32

Heat: 8/8 Lane : 3 Athlete: SCHELFAUT FLOOR — **Q-time: 03:11:46**

PB (25m pool): 03:12.45 Temse 21/12/2025 **PB (50m pool):** 03:11.46 **SB:** 03:12.45 Temse 21/12/2025

	25M	50M	75M	100	125	150	175	200M
PB		00:44.30		01:33.09		02:22.51		03:12.45
		00:44.30		*00:48.79*		*00:49.42*		*00:49.94*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 7: 200M BREASTSTROKE WOMEN 11+ — Heat:8, starttime: 16:32

Heat: 8/8 Lane : 7 Athlete: DIERICKX MAREN — **Q-time: 03:19:54**

PB (25m pool): 03:19.67 Temse 21/12/2025 — **PB (50m pool):** 03:19.54 **SB:** 03:19.67 Temse 21/12/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:45.90		01:36.87		02:28.97		03:19.67
		00:45.90		*00:50.97*		*00:52.10*		*00:50.70*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:2, starttime: 16:41

Heat: 2/7 Lane : 7 Athlete: HEMELSOEN AARYAN — **Q-time: 99:99:99**

PB (25m pool): no time — **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:4, starttime: 16:50

Heat: 4/7 Lane : 8 Athlete: DE CONINCK MAXIME — **Q-time: 99:99:99**

PB (25m pool): no time — **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:6, starttime: 16:59

Heat: 6/7 Lane : 2 Athlete: VANMEIRHAEGHE KASPER — **Q-time: 03:21:25**

PB (25m pool): 03:21.25 Eeklo 21/04/2025 — **PB (50m pool):** 03:29.40 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:46.03		01:37.25		no time		03:21.25
		00:46.03		*00:51.22*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:6, starttime: 16:59

Heat: 6/7 Lane : 6 Athlete: LONG XIANG — **Q-time: 03:20:64**

PB (25m pool): 03:09.03 Eeklo 06/04/2026 — **PB (50m pool):** no time **SB:** 03:09.03 Eeklo 06/04/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:42.02		01:29.74		no time		03:09.03
		00:42.02		*00:47.72*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:6, starttime: 16:59

Heat: 6/7 Lane : 8 Athlete: VERSCHELDE THIJS — **Q-time: 03:29:94**

PB (25m pool): 03:33.54 Temse 18/02/2024 — **PB (50m pool):** 03:29.94 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		03:33.54
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:7, starttime: 17:03

Heat: 7/7 Lane : 5 Athlete: VAN OOST MARTIJN — **Q-time: 02:45:65**

PB (25m pool): 02:45.65 Temse 21/12/2025 — **PB (50m pool):** 02:54.07 **SB:** 02:45.65 Temse 21/12/2025

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:37.60		01:20.23		02:03.66		02:45.65
		00:37.60		*00:42.63*		*00:43.43*		*00:41.99*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:7, starttime: 17:03

Heat: 7/7 Lane : 6 Athlete: VERHAMME MATTS — **Q-time: 02:51:26**

PB (25m pool): 02:51.26 Zottegem 09/03/2025 — **PB (50m pool):** 03:09.10 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:39.14		01:24.35		no time		02:51.26
		00:39.14		*00:45.21*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 8: 200M BREASTSTROKE MEN 11+ — Heat:7, starttime: 17:03

Heat: 7/7 Lane : 8 Athlete: NIEMEGEERTS SVEN — **Q-time: 03:06:66**

PB (25m pool): 03:06.66 Zottegem 09/03/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.16		01:28.39		no time		03:06.66
		00:41.16		*00:47.23*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:5, starttime: 17:14

Heat: 5/12 Lane : 6 Athlete: VANDENBUSSCHE LENA — **Q-time: 00:45:87**

PB (25m pool): 00:48.13 Sinbad 05/10/2025 **PB (50m pool):** 00:45.87 **SB:** 00:48.13 Sinbad 05/10/2025

	25 M	50 M	
PB		00:48.13	
		00:48.13	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:6, starttime: 17:15

Heat: 6/12 Lane : 8 Athlete: VAN BUGGENHOUT AMBER — **Q-time: 00:44:74**

PB (25m pool): 00:44.74 Sinbad 05/10/2025 **PB (50m pool):** no time **SB:** 00:44.74 Sinbad 05/10/2025

	25 M	50 M	
PB		00:44.74	
		00:44.74	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:7, starttime: 17:16

Heat: 7/12 Lane : 2 Athlete: CONRADIE BEAH — **Q-time: 00:42:38**

PB (25m pool): 00:42.38 Sinbad 05/10/2025 **PB (50m pool):** no time **SB:** 00:42.38 Sinbad 05/10/2025

	25 M	50 M	
PB		00:42.38	
		00:42.38	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:7, starttime: 17:16

Heat: 7/12 Lane : 5 Athlete: WILLAERT NAOMI — **Q-time: 00:42:07**

PB (25m pool): 00:46.96 Temse 17/11/2025 **PB (50m pool):** 00:42.07 **SB:** 00:46.96 Temse 17/11/2025

	2 5 M	5 0 M	
PB		00:46.96	
		00:46.96	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:8, starttime: 17:18

Heat: 8/12 Lane : 2 Athlete: SCHELFAUT FLOOR — **Q-time: 00:39:65**

PB (25m pool): 00:41.32 Dendermonde. 22/11/2025 **PB (50m pool):** 00:39.65 **SB:** 00:41.32 Dendermonde. 22/11/2025

	2 5 M	5 0 M	
PB		00:41.32	
		00:41.32	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:9, starttime: 17:19

Heat: 9/12 Lane : 1 Athlete: LAGA LORE — **Q-time: 00:37:87**

PB (25m pool): 00:39.56 Zottegem 09/03/2025 **PB (50m pool):** 00:37.56 **SB:** 00:39.87 Sinbad 05/10/2025

	2 5 M	5 0 M	
PB		00:39.56	
		00:39.56	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+ — Heat:11, starttime: 17:21

Heat: 11/12 Lane : 2 Athlete: DIERICKX MAREN — **Q-time: 00:35:29**

PB (25m pool): 00:37.19 Dendermonde. 22/11/2025 **PB (50m pool):** 00:35.29 **SB:** 00:37.19 Dendermonde. 22/11/2025

	2 5 M	5 0 M	
PB		00:37.19	
		00:37.19	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:4, starttime: 17:29

Heat: 4/9 Lane : 5 Athlete: DE CONINCK MAXIME — **Q-time: 00:44:55**

PB (25m pool): 00:44.55 Durmehal 28/02/2026 **PB (50m pool):** no time **SB:** 00:44.55 Durmehal 28/02/2026

	25 M	50 M	
PB		00:44.55	
		00:44.55	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:6, starttime: 17:32

Heat: 6/9 Lane : 2 Athlete: VANMEIRHAEGHE KASPER — **Q-time: 00:36:69**

PB (25m pool): 00:39.34 LAGO Zwevegem 09/06/2025 **PB (50m pool):** 00:36.69 **SB:** no time

	25 M	50 M	
PB		00:39.34	
		00:39.34	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:6, starttime: 17:32

Heat: 6/9 Lane : 4 Athlete: LONG XIANG — **Q-time: 00:35:50**

PB (25m pool): 00:40.22 Temse 17/11/2025 **PB (50m pool):** 00:35.50 **SB:** 00:40.22 Temse 17/11/2025

	25 M	50 M	
PB		00:40.22	
		00:40.22	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:6, starttime: 17:32

Heat: 6/9 Lane : 6 Athlete: VERSCHELDE THIJS — **Q-time: 00:36:34**

PB (25m pool): no time **PB (50m pool):** 00:36.34 **SB:** no time

	25 M	50 M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:8, starttime: 17:34

Heat: 8/9 Lane : 5 Athlete: NIEMEGEERTS SVEN — **Q-time: 00:31:67**

PB (25m pool): 00:32.28 Dendermonde. 22/11/2025 **PB (50m pool):** 00:31.67 **SB:** 00:32.28 Dendermonde. 22/11/2025

	25M	50M	
PB		00:32.28	
		00:32.28	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+ — Heat:9, starttime: 17:35

Heat: 9/9 Lane : 8 Athlete: HEMELSOEN AARYAN — **Q-time: 00:31:50**

PB (25m pool): no time **PB (50m pool):** 00:31.50 **SB:** no time

	25M	50M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 4x100M MEDLEY WOMEN 11+ — Heat:2, starttime: 17:43

Heat: 2/2 Lane : 6 Athlete: TEAM SOS 11-13 — **Q-time: 05:41:52**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

ROV dag5: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 12: 4x100M MEDLEY MEN 11+ **Heat:2, starttime: 17:57**

Heat: 2/2 Lane : 4 Athlete: TEAM SOS OPEN **Q-time: 04:44:33**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100M	125M	150M	175M	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: