

Fin dag RCOVL: Session: 1: COACH evaluation sheet for TEAM: SOS

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

Coaches: Verhamme Joris HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M MEDLEY WOMEN 11+ **Heat:2, starttime: 14:00**

Heat: 2/4 Lane : 3 Athlete: LAGA LORE **Q-time: 00:03:00**

PB (25m pool): 02:59.85 Durmehal 28/02/2026 **PB (50m pool): 03:06.83 SB: 02:59.85 Durmehal 28/02/2026**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.97		01:27.47		02:19.55		02:59.85
		00:38.97		00:48.50		00:52.08		00:40.30

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+ **Heat:2, starttime: 14:00**

Heat: 2/4 Lane : 5 Athlete: DIERICKX MAREN **Q-time: 00:02:00**

PB (25m pool): 02:50.00 Durmehal 28/02/2026 **PB (50m pool): 02:56.15 SB: 02:50.00 Durmehal 28/02/2026**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.42		01:20.70		02:11.27		02:50.00
		00:36.42		00:44.28		00:50.57		00:38.73

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 13+ **Heat:1, starttime: 14:05**

Heat: 1/3 Lane : 7 Athlete: CLAEYS ROMEE **Q-time: 00:06:00**

PB (25m pool): 02:39.76 T ROSCO 12/10/2025 **PB (50m pool): 02:41.96 SB: 02:39.76 T ROSCO 12/10/2025**

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.76		01:12.40		02:01.82		02:39.76
		00:33.76		00:38.64		00:49.42		00:37.94

Coach feedback:

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Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:05	
Heat: 1/4 Lane : 7 Athlete: PIETERS MAURO							Q-time: 00:06:00	
PB (25m pool): 03:40.02 Sinbad 05/10/2025				PB (50m pool): 03:26.31 SB: 03:40.02 Sinbad 05/10/2025				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:50.12		no time		no time		03:40.02
	00:50.12							

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:05	
Heat: 3/4 Lane : 4 Athlete: NIEMEGEERTS IVAN							Q-time: 00:01:00	
PB (25m pool): 02:31.18 Sinbad 05/10/2025				PB (50m pool): 02:29.33 SB: 02:31.18 Sinbad 05/10/2025				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.91		no time		no time		02:31.18
	00:31.91							

Coach feedback:

Event number: 4: 200M MEDLEY MEN 13+							Heat:2, starttime: 14:10	
Heat: 2/3 Lane : 2 Athlete: VERHAMME MATTS							Q-time: 00:05:00	
PB (25m pool): 02:26.53 Gent 23/02/2025				PB (50m pool): 02:26.05 SB: no time				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.14		01:10.93		01:54.17		02:26.53
	00:32.14			00:38.79		00:43.24		00:32.36

Coach feedback:

Event number: 4: 200M MEDLEY MEN 13+							Heat:2, starttime: 14:10	
Heat: 2/3 Lane : 4 Athlete: COENE XANDER							Q-time: 00:01:00	
PB (25m pool): 02:16.40 Durmehal 28/02/2026				PB (50m pool): 02:22.14 SB: 02:16.40 Durmehal 28/02/2026				
	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:28.87		01:04.32		01:43.65		02:16.40
	00:28.87			00:35.45		00:39.33		00:32.75

Coach feedback:

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Event number: 5: 100M BUTTERFLY WOMEN 11+				Heat:1, starttime: 14:20	
Heat: 1/2 Lane : 4 Athlete: DIERICKX MAREN				Q-time: 00:01:00	
PB (25m pool): 01:22.68 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:22.37 SB: 01:22.68 Sint-Amandsberg 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:39.91		01:22.68	
	00:39.91		00:42.77		
	

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 13+				Heat:1, starttime: 14:25	
Heat: 1/3 Lane : 7 Athlete: CLAEYS ROMEE				Q-time: 00:06:00	
PB (25m pool): 01:13.90 Temse 17/11/2025			PB (50m pool): 01:18.81 SB: 01:13.90 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:34.69		01:13.90	
	00:34.69		00:39.21		
	

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 13+				Heat:2, starttime: 14:30	
Heat: 2/2 Lane : 2 Athlete: NIEMEGERTS IVAN				Q-time: 00:05:00	
PB (25m pool): 01:06.60 Durmehal 28/02/2026			PB (50m pool): 01:06.15 SB: 01:06.60 Durmehal 28/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:30.89		01:06.60	
	00:30.89		00:35.71		
	

Coach feedback:

Event number: 8: 100M BUTTERFLY MEN 13+				Heat:2, starttime: 14:30	
Heat: 2/2 Lane : 4 Athlete: COENE XANDER				Q-time: 00:01:00	
PB (25m pool): 00:59.81 Nijlen 16/11/2025			PB (50m pool): 01:00.42 SB: 00:59.81 Nijlen 16/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:27.84		00:59.81	
	00:27.84		00:31.97		
	

Coach feedback:

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Event number: 8: 100M BUTTERFLY MEN 13+				Heat:2, starttime: 14:30	
Heat: 2/2 Lane : 6 Athlete: VERHAMME MATTS				Q-time: 00:04:00	
PB (25m pool): 01:04.53 Durmehal 28/02/2026			PB (50m pool): 01:04.12 SB: 01:04.53 Durmehal 28/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:30.49		01:04.53	
	00:30.49		00:34.04		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:2, starttime: 14:40	
Heat: 2/5 Lane : 1 Athlete: CONRADIE BEAH				Q-time: 00:07:00	
PB (25m pool): 01:34.46 Temse 21/12/2025			PB (50m pool): 01:34.95 SB: 01:34.46 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:45.12		01:34.46	
	00:45.12		00:49.34		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:2, starttime: 14:40	
Heat: 2/5 Lane : 3 Athlete: WILLAERT NAOMI				Q-time: 00:03:00	
PB (25m pool): 01:23.45 Temse 21/12/2025			PB (50m pool): 01:27.82 SB: 01:23.45 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:40.42		01:23.45	
	00:40.42		00:43.03		
	

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 14:40	
Heat: 4/5 Lane : 2 Athlete: DIERICKX MAREN				Q-time: 00:05:00	
PB (25m pool): 01:23.97 Temse 21/12/2025			PB (50m pool): 01:27.23 SB: 01:23.97 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:41.09		01:23.97	
	00:41.09		00:42.88		
	

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 14:45	
Heat: 2/5 Lane : 8 Athlete: DE CONINCK MAXIME				Q-time: 00:08:00	
PB (25m pool): no time			PB (50m pool): 01:35.37 SB: no time		
	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:3, starttime: 14:50	
Heat: 3/5 Lane : 5 Athlete: LONG XIANG				Q-time: 00:02:00	
PB (25m pool): 01:21.98 Temse 21/12/2025			PB (50m pool): 01:23.85 SB: 01:21.98 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:40.43		01:21.98	
	00:40.43		00:41.55		
	

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:5, starttime: 14:50	
Heat: 5/5 Lane : 5 Athlete: NIEMEGERTS IVAN				Q-time: 00:02:00	
PB (25m pool): 01:12.30 Sint-Amansberg 19/10/2025			PB (50m pool): 01:13.03 SB: 01:12.30 Sint-Amansberg 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:35.09		01:12.30	
	00:35.09		00:37.21		
	

Coach feedback:

Event number: 12: 100M BACKSTROKE MEN 13+				Heat:2, starttime: 14:50	
Heat: 2/3 Lane : 5 Athlete: COENE XANDER				Q-time: 00:02:00	
PB (25m pool): 01:01.24 Temse 21/12/2025			PB (50m pool): 01:01.88 SB: 01:01.24 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:30.16		01:01.24	
	00:30.16		00:31.08		
	

Coach feedback:

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Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:1, starttime: 15:05	
Heat: 1/4 Lane : 3 Athlete: CONRADIE BEAH				Q-time: 00:03:00	
PB (25m pool): 01:39.06 Durmehal 28/02/2026			PB (50m pool): 01:41.85 SB: 01:39.06 Durmehal 28/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:46.71		01:39.06	
	00:46.71		00:52.35		
	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:1, starttime: 15:05	
Heat: 1/4 Lane : 6 Athlete: WILLAERT NAOMI				Q-time: 00:04:00	
PB (25m pool): 01:41.25 Dendermonde. 22/11/2025			PB (50m pool): 01:43.64 SB: 01:41.25 Dendermonde. 22/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:48.09		01:41.25	
	00:48.09		00:53.16		
	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:2, starttime: 15:05	
Heat: 2/4 Lane : 3 Athlete: VAN BUGGENHOUT AMBER				Q-time: 00:03:00	
PB (25m pool): 01:34.06 Durmehal 28/02/2026			PB (50m pool): 01:36.87 SB: 01:34.06 Durmehal 28/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:45.37		01:34.06	
	00:45.37		00:48.69		
	

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:3, starttime: 15:05	
Heat: 3/4 Lane : 3 Athlete: DIERICKX MAREN				Q-time: 00:03:00	
PB (25m pool): 01:30.72 Durmehal 28/02/2026			PB (50m pool): 01:31.96 SB: 01:30.72 Durmehal 28/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:43.12		01:30.72	
	00:43.12		00:47.60		
	

Coach feedback:

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Event number: 13: 100M BREASTSTROKE WOMEN 11+				Heat:4, starttime: 15:05	
Heat: 4/4 Lane : 5 Athlete: SCHELFAUT FLOOR				Q-time: 00:02:00	
PB (25m pool): 01:31.54 TEMSE 18/05/2025			PB (50m pool): 01:29.89 SB: 01:31.58 Sint-Amandsberg 19/10/2025		
	25 M	50 M	75 M	100 M	
PB		00:43.90		01:31.54	
	00:43.90		00:47.64		
	

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:2, starttime: 15:10	
Heat: 2/4 Lane : 5 Athlete: LONG XIANG				Q-time: 00:02:00	
PB (25m pool): 01:29.91 Durmehal 28/02/2026			PB (50m pool): 01:31.97 SB: 01:29.91 Durmehal 28/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:43.23		01:29.91	
	00:43.23		00:46.68		
	

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 13+				Heat:2, starttime: 15:15	
Heat: 2/2 Lane : 5 Athlete: COENE XANDER				Q-time: 00:02:00	
PB (25m pool): 01:08.57 Nijlen 16/11/2025			PB (50m pool): 01:12.56 SB: 01:08.57 Nijlen 16/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:32.00		01:08.57	
	00:32.00		00:36.57		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:2, starttime: 15:25	
Heat: 2/5 Lane : 4 Athlete: WILLAERT NAOMI				Q-time: 00:01:00	
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:

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Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:25	
Heat: 3/5 Lane : 1 Athlete: VANDENBUSSCHE LENA				Q-time: 00:07:00	
PB (25m pool): 01:16.93 Eeklo 19/04/2026			PB (50m pool): 01:18.17 SB: 01:16.93 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:36.87		01:16.93	
	00:36.87		00:40.06		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:25	
Heat: 3/5 Lane : 4 Athlete: LAGA LORE				Q-time: 00:01:00	
PB (25m pool): 01:10.37 Eeklo 19/04/2026			PB (50m pool): 01:12.06 SB: 01:10.37 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:33.31		01:10.37	
	00:33.31		00:37.06		
	

Coach feedback:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:3, starttime: 15:25	
Heat: 3/5 Lane : 8 Athlete: VAN BUGGENHOUT AMBER				Q-time: 00:08:00	
PB (25m pool): 01:15.98 Temse 21/12/2025			PB (50m pool): 01:19.02 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:

Event number: 17: 100M FREESTYLE WOMEN 11+				Heat:4, starttime: 15:25	
Heat: 4/5 Lane : 4 Athlete: DIERICKX MAREN				Q-time: 00:01:00	
PB (25m pool): 01:07.48 Eeklo 19/04/2026			PB (50m pool): 01:10.70 SB: 01:07.48 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:32.60		01:07.48	
	00:32.60		00:34.88		
	

Coach feedback:

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Event number: 18: 100M FREESTYLE WOMEN 13+				Heat:1, starttime: 15:30	
Heat: 1/3 Lane : 6 Athlete: CLAEYS ROMEE				Q-time: 00:04:00	
PB (25m pool): 01:02.72 Temse 17/11/2025			PB (50m pool): 01:05.61 SB: 01:02.72 Temse 17/11/2025		
	25 M	50 M	75 M	100 M	
PB		00:29.68		01:02.72	
	00:29.68		00:33.04		
	

Coach feedback:

Event number: 19: 100M FREESTYLE MEN 11+				Heat:2, starttime: 15:30	
Heat: 2/5 Lane : 6 Athlete: DE CONINCK MAXIME				Q-time: 00:04:00	
PB (25m pool): 01:16.62 Eeklo 19/04/2026			PB (50m pool): 01:20.22 SB: 01:16.62 Eeklo 19/04/2026		
	25 M	50 M	75 M	100 M	
PB		00:37.66		01:16.62	
	00:37.66		00:38.96		
	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 13+				Heat:2, starttime: 15:35	
Heat: 2/2 Lane : 3 Athlete: VERHAMME MATTS				Q-time: 00:03:00	
PB (25m pool): 00:56.66 Durmehal 28/02/2026			PB (50m pool): 00:56.90 SB: 00:56.66 Durmehal 28/02/2026		
	25 M	50 M	75 M	100 M	
PB		00:27.48		00:56.66	
	00:27.48		00:29.18		
	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 13+				Heat:2, starttime: 15:35	
Heat: 2/2 Lane : 5 Athlete: COENE XANDER				Q-time: 00:02:00	
PB (25m pool): 00:55.45 Temse 21/12/2025			PB (50m pool): 00:57.08 SB: 00:55.45 Temse 21/12/2025		
	25 M	50 M	75 M	100 M	
PB		00:26.95		00:55.45	
	00:26.95		00:28.50		
	

Coach feedback:

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Event number: 21: 4x50M FREESTYLE WOMEN 11-13							Heat:1, starttime: 15:50	
Heat: 1/1 Lane : 2 Athlete: TEAM SOS 1							Q-time: 99:99:99	
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: 25: 4x50M FREESTYLE WOMEN							Heat:1, starttime: 16:05	
Heat: 1/1 Lane : 3 Athlete: TEAM SOS 1							Q-time: 99:99:99	
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: 26: 4x50M FREESTYLE MEN							Heat:1, starttime: 16:05	
Heat: 1/1 Lane : 3 Athlete: TEAM SOS 1							Q-time: 99:99:99	
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: