

PK 50m bad: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 12:30 untill 13:20. Teamleadmeeting @ 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: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 13:40
Heat: 5/11 Lane : 3 Athlete: WILLAERT NAOMI			Q-time: 01:41:25
PB (50m pool): 01:53.07 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:41.25 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:53.07	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 13:44
Heat: 7/11 Lane : 3 Athlete: LAGA LORE			Q-time: 01:33:40
PB (50m pool): 01:37.06 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:33.40 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:37.06	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 13:44
Heat: 7/11 Lane : 5 Athlete: DIERICKX MAREN			Q-time: 01:32:87
PB (50m pool): 01:36.24 Antwerpen 13/07/2025 PB (25m pool): 01:32.87 SB: no time			
	5 0 M	1 0 0 M	
PB	00:45.66	01:36.24	
	00:45.66	00:50.58	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 13:46
Heat: 8/11 Lane : 5 Athlete: SCHELFAUT FLOOR			Q-time: 01:31:54
PB (50m pool): 01:32.05 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:31.54 SB: no time			
	5 0 M	1 0 0 M	
PB	00:43.91	01:32.05	
	00:43.91	00:48.14	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:6, starttime: 14:05
Heat: 6/7 Lane : 1 Athlete: NIEMEGEERTS IVAN			Q-time: 01:17:44
PB (50m pool): 01:20.45 Antwerpen 13/07/2025 PB (25m pool): 01:17.44 SB: no time			
	5 0 M	1 0 0 M	
PB	00:38.15	01:20.45	
	00:38.15	00:42.30	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:7, starttime: 14:07
Heat: 7/7 Lane : 4 Athlete: COENE XANDER			Q-time: 01:08:57
PB (50m pool): 01:13.19 Antwerpen 27/07/2025 PB (25m pool): 01:08.57 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.44	01:13.19	
	00:35.44	00:37.75	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 14:11
Heat: 2/7 Lane : 7 Athlete: SCHELFAUT FLOOR			Q-time: 00:41:02
PB (50m pool): no time PB (25m pool): 00:41.02 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 14:27
Heat: 5/5 Lane : 3 Athlete: COENE XANDER		Q-time: 00:28:81
PB (50m pool): 00:30.99 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.81 SB: no time		
	5 0 M	
PB	00:30.99	
	00:30.99	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:5, starttime: 14:27
Heat: 5/5 Lane : 6 Athlete: VAN OOST MARTIJN		Q-time: 00:29:12
PB (50m pool): 00:32.81 Olympic Pool Wezenberg, Antwer 30/05/2025 PB (25m pool): 00:29.12 SB: no time		
	5 0 M	
PB	00:32.81	
	00:32.81	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 14:33
Heat: 4/12 Lane : 3 Athlete: WILLAERT NAOMI		Q-time: 00:46:96
PB (50m pool): 00:48.43 Antwerp 26/01/2025 PB (25m pool): 00:46.96 SB: no time		
	5 0 M	
PB	00:48.43	
	00:48.43	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 14:36
Heat: 7/12 Lane : 7 Athlete: LAGA LORE		Q-time: 00:39:56
PB (50m pool): no time PB (25m pool): 00:39.56 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+				Heat:8, starttime: 14:38	
Heat: 8/12 Lane : 3 Athlete: DIERICKX MAREN				Q-time: 00:37:19	
PB (50m pool): no time				PB (25m pool): 00:37.19SB: no time	
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+				Heat:6, starttime: 14:49	
Heat: 6/7 Lane : 7 Athlete: NIEMEGEERTS IVAN				Q-time: 00:29:66	
PB (50m pool): 00:31.48 Olympic Pool Wezenberg, Antwer 30/03/25					
PB (25m pool): 00:29.66 SB: no time					
	5 0 M				
PB	00:31.48				
	00:31.48				
					

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:6, starttime: 14:49																																		
Heat: 6/7																				Lane : 8					Athlete: VERHAMME MATTS										Q-time: 00:29:70									
PB (50m pool): 00:29.70																				Zwembad Brigitte Becue 30/05/2025										PB (25m pool): 00:30.78										SB: no time				
		5 0 M																																										
PB		00:29.70																																										
		00:29.70																																										
																																												

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+				Heat:7, starttime: 14:50	
Heat: 7/7 Lane : 6 Athlete: COENE XANDER				Q-time: 00:27:38	
PB (50m pool): 00:27.38 Antwerpen 27/07/2025				PB (25m pool): 00:29.16 SB: no time	
	5 0 M				
PB	00:27.38				
	00:27.38				
					

Coach feedback:

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 15:46	
Heat: 4/6 Lane : 1 Athlete: NIEMEGEERTS IVAN							Q-time: 04:56:61	
PB (50m pool): 05:04.89 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:56.61 SB: no time								
	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	00:33.56	01:10.79	01:49.65	02:28.96	03:08.41	03:48.40	04:28.06	05:04.89
	00:33.56	00:37.23	00:38.86	00:39.31	00:39.45	00:39.99	00:39.66	00:36.83
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 15:52	
Heat: 5/6 Lane : 4 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				
	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	00:30.30	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
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 15:52	
Heat: 5/6 Lane : 7 Athlete: VAN OOST MARTIJN							Q-time: 04:39:95	
PB (50m pool): 05:52.52 Gent (Rozebroeken) 03/03/2024 PB (25m pool): 04:39.95SB: no time								
	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	no time	no time	no time	no time	no time	no time	no time	05:52.52
	no time							
								

Coach feedback:

Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:2, starttime: 16:09	
Heat: 2/2 Lane : 2 Athlete: TEAM SOS 1							Q-time: 05:29:81	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: