

PK 50m bad: Session: 2: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 17:00 untill 17:50. 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: 10: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 18:11
Heat: 5/5 Lane : 6 Athlete: WILLAERT NAOMI			Q-time: 01:23:45
PB (50m pool): 01:27.82 Antwerpen 20/07/2025			PB (25m pool): 01:23.45 SB: 01:28.99 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	00:43.06	01:27.82	
	00:43.06	00:44.76	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 18:38
Heat: 9/11 Lane : 1 Athlete: NIEMEGEREETS IVAN			Q-time: 00:59:42
PB (50m pool): 00:59.79 LOCHRISTI 25/01/2026			PB (25m pool): 00:59.42 SB: 00:59.79 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	00:59.79	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 18:40
Heat: 10/11 Lane : 1 Athlete: VERHAMME MATTS			Q-time: 00:58:10
PB (50m pool): 00:58.10 Antwerpen 27/07/2025			PB (25m pool): 00:58.78 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.44	00:58.10	
	00:28.44	00:29.66	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 18:41
Heat: 11/11 Lane : 2 Athlete: VAN OOST MARTIJN			Q-time: 00:55:12
PB (50m pool): 00:57.43 Antwerpen 13/07/2025			PB (25m pool): 00:55.12 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.52	00:57.43	
	00:27.52	00:29.91	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 18:41
Heat: 11/11 Lane : 7 Athlete: COENE XANDER			Q-time: 00:55:45
PB (50m pool): 00:57.74 Antwerpen 27/07/2025			PB (25m pool): 00:55.45 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.29	00:57.74	
	00:28.29	00:29.45	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 18:55
Heat: 7/15 Lane : 2 Athlete: SCHELFAUT FLOOR			Q-time: 01:14:23
PB (50m pool): 01:17.14 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:14.23 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.46	01:17.14	
	00:36.46	00:40.68	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 18:55
Heat: 7/15 Lane : 3 Athlete: WILLAERT NAOMI			Q-time: 01:12:95
PB (50m pool): 01:15.42 Antwerpen 20/07/2025			PB (25m pool): 01:12.95 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.98	01:15.42	
	00:36.98	00:38.44	
			

Coach feedback:

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Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 18:56
Heat: 8/15 Lane : 4 Athlete: DIERICKX MAREN			Q-time: 01:10:88
PB (50m pool): 01:19.15 Antwerpen 13/07/2025			PB (25m pool): 01:10.88 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.95	01:19.15	
	00:37.95	00:41.20	
			

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 18:56
Heat: 8/15 Lane : 8 Athlete: LAGA LORE			Q-time: 01:12:14
PB (50m pool): 01:14.30 Antwerpen 13/07/2025			PB (25m pool): 01:12.14 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.20	01:14.30	
	00:35.20	00:39.10	
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 19:15
Heat: 5/7 Lane : 7 Athlete: NIEMEGERTS IVAN			Q-time: 00:36:49
PB (50m pool): 00:36.49 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:40.96 SB: no time
	5 0 M		
PB	00:36.49		
	00:36.49		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 19:16
Heat: 6/7 Lane : 3 Athlete: VAN OOST MARTIJN			Q-time: 00:34:78
PB (50m pool): no time			PB (25m pool): 00:34.78 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 19:17
Heat: 7/7 Lane : 3 Athlete: COENE XANDER		Q-time: 00:32:37
PB (50m pool): 00:32.66 Antwerpen 27/07/2025		PB (25m pool): 00:32.37 SB: no time
	5 0 M	
PB	00:32.66	
	00:32.66	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 19:19
Heat: 1/4 Lane : 2 Athlete: LAGA LORE		Q-time: 00:47:40
PB (50m pool): no time		PB (25m pool): 00:45.95 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 19:19
Heat: 1/4 Lane : 4 Athlete: DIERICKX MAREN		Q-time: 00:44:73
PB (50m pool): no time		PB (25m pool): 00:44.73 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE WOMEN 13+		Heat:2, starttime: 19:20
Heat: 2/4 Lane : 6 Athlete: SCHELFAUT FLOOR		Q-time: 00:42:93
PB (50m pool): no time		PB (25m pool): 00:42.93 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 19:56	
Heat: 1/1 Lane : 4 Athlete: TEAM SOS 1							Q-time: 03:48:77	
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: