

MEGA swim 26: Session: 3: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 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: 16: 400M FREESTYLE MEN 15+

Heat:5, starttime: 09:25

Heat: 5/5 Lane : 2 Athlete: COENE XANDER

Q-time: 04:21:04

PB (50m pool): 05:07.56 Antwerpen 14/07/2024

PB (25m pool): 04:21.04 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	no time	no time	no time	no time	no time	no time	no time	05:07.56
	no time							
								

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 13+

Heat:3, starttime: 09:35

Heat: 3/11 Lane : 6 Athlete: LAGA LORE

Q-time: 02:41:83

PB (50m pool): 02:43.89 Antwerpen 13/07/2025

PB (25m pool): 02:41.83 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.24	01:19.42	02:03.04	02:43.89	
	00:37.24	00:42.18	00:43.62	00:40.85	
					

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN 13+

Heat:6, starttime: 10:05

Heat: 6/9 Lane : 2 Athlete: NIEMEGEREETS 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:

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Event number: 20: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 10:20
Heat: 1/12 Lane : 2 Athlete: SCHAUBROECK YARNO		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:1, starttime: 10:20
Heat: 1/12 Lane : 8 Athlete: HEMELSOEN AARYAN		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:2, starttime: 10:25
Heat: 2/12 Lane : 4 Athlete: VANMEIRHAEGHE KASPER		Q-time: 00:39:34
PB (50m pool): no time		PB (25m pool): 00:39.34 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 20: 50M BUTTERFLY MEN 13+		Heat:6, starttime: 10:25
Heat: 6/12 Lane : 1 Athlete: NIEMEGEERTS SVEN		Q-time: 00:32:28
PB (50m pool): 00:32.56 Antwerpen 13/07/2025		PB (25m pool): 00:32.28 SB: no time
	5 0 M	
PB	00:32.56	
	00:32.56	
		

Coach feedback:

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Event number: 20: 50M BUTTERFLY MEN 13+			Heat:12, starttime: 10:35
Heat: 12/12 Lane : 7 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:

Event number: 21: 50M FREESTYLE WOMEN 13+			Heat:1, starttime: 10:35
Heat: 1/11 Lane : 3 Athlete: LAGA LORE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 00:34.46 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:1, starttime: 11:10
Heat: 1/6 Lane : 3 Athlete: HEMELSOEN AARYAN			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+			Heat:1, starttime: 11:10
Heat: 1/6 Lane : 5 Athlete: SCHAUBROECK YARNO			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 17+				Heat:2, starttime: 11:10
Heat: 2/6 Lane : 8 Athlete: VERSCHELDE THIJS				Q-time: 01:09:75
PB (50m pool): 01:11.19 Antwerpen 13/07/2025				PB (25m pool): 01:09.75 SB: no time
	5 0 M	1 0 0 M		
PB	00:34.52	01:11.19		
	00:34.52	00:36.67		
				

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+				Heat:3, starttime: 11:10
Heat: 3/6 Lane : 9 Athlete: NIEMEGEERTS SVEN				Q-time: 01:03:47
PB (50m pool): 01:04.50 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 01:03.47 SB: no time
	5 0 M	1 0 0 M		
PB	00:30.96	01:04.50		
	00:30.96	00:33.54		
				

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 17+				Heat:6, starttime: 11:15
Heat: 6/6 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: 26: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 11:40
Heat: 4/8 Lane : 7 Athlete: VANMEIRHAEGHE KASPER					Q-time: 03:21:25
PB (50m pool): no time					PB (25m pool): 03:21.25 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 26: 200M BREASTSTROKE MEN 13+					Heat:7, starttime: 11:50
Heat: 7/8 Lane : 6 Athlete: NIEMEGEREERTS IVAN					Q-time: 02:47:69
PB (50m pool): 02:53.11 Antwerpen 13/07/2025					PB (25m pool): 02:47.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.34	01:22.81	02:08.08	02:53.11	
	00:38.34	00:44.47	00:45.27	00:45.03	
					

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+					Heat:1, starttime: 12:20
Heat: 1/4 Lane : 7 Athlete: VERSCHELDE THIJS					Q-time: 01:25:37
PB (50m pool): 01:27.75 LOCHRISTI 25/01/2026					PB (25m pool): 01:25.37 SB: 01:27.75 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M			
PB	no time	01:27.75			
	no time				
					

Coach feedback:

Event number: 28: 100M BACKSTROKE MEN 17+					Heat:4, starttime: 12:30
Heat: 4/4 Lane : 1 Athlete: VAN OOST MARTIJN					Q-time: 01:04:17
PB (50m pool): 01:09.16 Antwerpen 13/07/2025					PB (25m pool): 01:04.17 SB: no time
	5 0 M	1 0 0 M			
PB	00:34.02	01:09.16			
	00:34.02	00:35.14			
					

Coach feedback: