

MEGA swim 26: Session: 4: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 13:30 untill 14:15. 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: 31: 200M FREESTYLE MEN 13+					Heat:1, starttime: 15:00
Heat: 1/12 Lane : 0 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	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:1, starttime: 15:00
Heat: 1/12 Lane : 7 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	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:2, starttime: 15:05
Heat: 2/12 Lane : 7 Athlete: LONG XIANG					Q-time: 02:52:92
PB (50m pool): no time PB (25m pool): 02:52.92 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: 31: 200M FREESTYLE MEN 13+					Heat:4, starttime: 15:10
Heat: 4/12 Lane : 3 Athlete: VERSCHELDE THIJS					Q-time: 02:30:59
PB (50m pool): 02:34.54 Antwerpen 13/07/2025 PB (25m pool): 02:30.59 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.13	01:14.31	01:55.10	02:34.54	
	00:35.13	00:39.18	00:40.79	00:39.44	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:5, starttime: 15:15
Heat: 5/12 Lane : 7 Athlete: NIEMEGEERTS SVEN					Q-time: 02:24:75
PB (50m pool): 02:24.75 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:30.61 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.40	01:08.53	01:46.83	02:24.75	
	00:32.40	00:36.13	00:38.30	00:37.92	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:8, starttime: 15:20
Heat: 8/12 Lane : 4 Athlete: NIEMEGEERTS IVAN					Q-time: 02:12:12
PB (50m pool): 02:19.99 Antwerpen 13/07/2025 PB (25m pool): 02:12.12 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.11	01:06.81	01:43.95	02:19.99	
	00:31.11	00:35.70	00:37.14	00:36.04	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:10, starttime: 15:25
Heat: 10/12 Lane : 5 Athlete: VERHAMME MATTS					Q-time: 02:07:27
PB (50m pool): 02:09.06 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:07.27 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.01	01:03.42	01:37.71	02:09.06	
	00:30.01	00:33.41	00:34.29	00:31.35	
					

Coach feedback:

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Event number: 31: 200M FREESTYLE MEN 13+					Heat:11, starttime: 15:30
Heat: 11/12 Lane : 6 Athlete: COENE XANDER					Q-time: 02:04:23
PB (50m pool): 02:07.25 Antwerpen 27/07/2025 PB (25m pool): 02:04.23 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.87	01:01.35	01:34.43	02:07.25	
	00:28.87	00:32.48	00:33.08	00:32.82	
					

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 13+					Heat:12, starttime: 15:30
Heat: 12/12 Lane : 7 Athlete: VAN OOST MARTIJN					Q-time: 02:01:42
PB (50m pool): 02:06.34 Antwerpen 13/07/2025 PB (25m pool): 02:01.42 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.36	01:02.27	01:35.38	02:06.34	
	00:29.36	00:32.91	00:33.11	00:30.96	
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:40
Heat: 4/9 Lane : 0 Athlete: VAN BUGGENHOUT AMBER					Q-time: 00:45:45
PB (50m pool): no time PB (25m pool): 00:45.45 SB: no time					
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 32: 50M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:40
Heat: 4/9 Lane : 6 Athlete: VANDENBUSSCHE LENA					Q-time: 00:44:75
PB (50m pool): no time PB (25m pool): 00:44.75 SB: no time					
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

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Event number: 33: 50M BACKSTROKE MEN 13+		Heat:1, starttime: 15:45
Heat: 1/7 Lane : 5 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	
	no time	

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 15:50
Heat: 3/7 Lane : 1 Athlete: LONG XIANG		Q-time: 00:39:00
PB (50m pool): no time		PB (25m pool): 00:39.00 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

Event number: 33: 50M BACKSTROKE MEN 13+		Heat:3, starttime: 15:50
Heat: 3/7 Lane : 9 Athlete: VERSCHELDE THIJS		Q-time: 00:40:08
PB (50m pool): no time		PB (25m pool): 00:40.08 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

Event number: 34: 50M BUTTERFLY WOMEN 13+		Heat:6, starttime: 16:00
Heat: 6/14 Lane : 1 Athlete: DIERICKX MAREN		Q-time: 00:37:19
PB (50m pool): no time		PB (25m pool): 00:37.19 SB: no time
	5 0 M	
PB	no time	
	no time	
	no time	

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+							Heat:2, starttime: 16:10		
Heat: 2/12 Lane : 1 Athlete: SCHAUBROECK YARNO							Q-time: 99:99:99		
PB (50m pool): 00:26.03 LOCHRISTI 25/01/2026							PB (25m pool): no time SB: 00:26.03 LOCHRISTI 25/01/2026		
	5 0 M								
PB	00:26.03								
	00:26.03								
									

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:8, starttime: 16:15	
Heat: 8/12 Lane : 1 Athlete: NIEMEGEERTS SVEN										Q-time: 00:28:10	
PB (50m pool): 00:29.50 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:28.10 SB: no time											
	5 0 M										
PB	00:29.50										
	00:29.50										
											

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:9, starttime: 16:15	
Heat: 9/12 Lane : 2 Athlete: NIEMEGEERTS IVAN										Q-time: 00:27:43	
PB (50m pool): 00:28.28 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:27.43 SB: no time											
	5 0 M										
PB	00:28.28										
	00:28.28										
											

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:11, starttime: 16:20																			
Heat: 11/12 Lane : 8 Athlete: VERHAMME MATTS																				Q-time: 00:26:43									
PB (50m pool): 00:26.43 Zwembad Brigitte Becue 30/05/2025																				PB (25m pool): 00:26.47 SB: no time									
		5 0 M																											
PB			00:26.43																										
			00:26.43																										
																													

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+				Heat:12, starttime: 16:20	
Heat: 12/12 Lane : 2 Athlete: COENE XANDER				Q-time: 00:25:51	
PB (50m pool): 00:26.10 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:25.51 SB: no time					
	5 0 M				
PB	00:26.10				
	00:26.10				
					

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:12, starttime: 16:20				
Heat: 12/12 Lane : 7 Athlete: VAN OOST MARTIJN					Q-time: 00:25:81				
PB (50m pool): 00:26.29 Antwerpen 13/07/2025					PB (25m pool): 00:25.81SB: no time				
	5 0 M								
PB	00:26.29								
	00:26.29								
									

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:2, starttime: 16:30	
Heat: 2/6 Lane : 0 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	1 5 0 M	2 0 0 M		
PB	no time	no time	no time	no time		
	no time					
						

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:2, starttime: 16:30	
Heat: 2/6 Lane : 7 Athlete: VERSCHELDE THIJS					Q-time: 03:04:67	
PB (50m pool): 03:04.67 Antwerpen 13/07/2025					PB (25m pool): 03:03.59 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:42.97	01:29.95	02:24.72	03:04.67		
	00:42.97	00:46.98	00:54.77	00:39.95		
						

Coach feedback:

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Event number: 37: 200M MEDLEY MEN 15+					Heat:5, starttime: 16:40
Heat: 5/6 Lane : 4 Athlete: VERHAMME MATTS					Q-time: 02:26:53
PB (50m pool): 02:27.94 Antwerpen 27/07/2025					PB (25m pool): 02:26.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.21	01:11.73	01:55.71	02:27.94	
	00:31.21	00:40.52	00:43.98	00:32.23	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:5, starttime: 16:40
Heat: 5/6 Lane : 9 Athlete: NIEMEGEERTS IVAN					Q-time: 02:31:18
PB (50m pool): 02:38.76 Antwerpen 13/07/2025					PB (25m pool): 02:31.18 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.79	01:16.21	02:02.54	02:38.76	
	00:33.79	00:42.42	00:46.33	00:36.22	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 15+					Heat:6, starttime: 16:40
Heat: 6/6 Lane : 6 Athlete: COENE XANDER					Q-time: 02:20:46
PB (50m pool): 02:22.83 Antwerpen 27/07/2025					PB (25m pool): 02:20.46 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.01	01:07.83	01:49.13	02:22.83	
	00:30.01	00:37.82	00:41.30	00:33.70	
					

Coach feedback:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 17:10
Heat: 4/7 Lane : 3 Athlete: DIERICKX MAREN					Q-time: 03:19:67
PB (50m pool): 03:23.45 Antwerpen 13/07/2025					PB (25m pool): 03:19.67 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.16	01:37.79	02:31.27	03:23.45	
	00:46.16	00:51.63	00:53.48	00:52.18	
					

Coach feedback:

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Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 17:10
Heat: 4/7 Lane : 7 Athlete: VANDENBUSSCHE LENA					Q-time: 03:23:14
PB (50m pool): no time PB (25m pool): 03:23.14 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:

Event number: 40: 200M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 17:15
Heat: 5/7 Lane : 0 Athlete: VAN BUGGENHOUT AMBER					Q-time: 03:15:16
PB (50m pool): 04:07.56 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 03:15.16 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	04:07.56	
	no time				
					

Coach feedback:

Event number: 41: 200M BACKSTROKE MEN 13+					Heat:6, starttime: 17:45
Heat: 6/7 Lane : 2 Athlete: VAN OOST MARTIJN					Q-time: 02:31:65
PB (50m pool): 02:32.16 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:23.61 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.78	01:14.54	01:54.19	02:32.16	
	00:35.78	00:38.76	00:39.65	00:37.97	
					

Coach feedback:

Event number: 43: 100M BUTTERFLY MEN 17+					Heat:1, starttime: 17:55
Heat: 1/3 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	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

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Event number: 43: 100M BUTTERFLY MEN 17+			Heat:2, starttime: 17:55
Heat: 2/3 Lane : 9 Athlete: NIEMEGEERTS SVEN			Q-time: 01:11:96
PB (50m pool): 01:13.35 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:11.96 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.88	01:13.35	
	00:32.88	00:40.47	
			

Coach feedback: