

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 08:30 untill 09:20. 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: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:43
Heat: 4/14 Lane : 7 Athlete: VANDENBUSSCHE LENA					Q-time: 03:24:24
PB (50m pool): 03:24.24 Gent 08/02/2026					PB (25m pool): 03:14.31 SB: 03:24.24 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:43.60	02:37.58	03:24.24	
	no time		00:53.98	00:46.66	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 09:47
Heat: 5/14 Lane : 1 Athlete: CONRADIE BEAH					Q-time: 03:16:85
PB (50m pool): 03:16.85 Gent 08/02/2026					PB (25m pool): 03:20.48 SB: 03:16.85 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.40	01:35.70	02:30.85	03:16.85	
	00:43.40	00:52.30	00:55.15	00:46.00	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 09:47
Heat: 5/14 Lane : 2 Athlete: VAN BUGGENHOUT AMBER					Q-time: 03:14:74
PB (50m pool): 03:14.74 Gent 08/02/2026					PB (25m pool): 03:05.86 SB: 03:14.74 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.97	01:38.17	02:31.69	03:14.74	
	00:46.97	00:51.20	00:53.52	00:43.05	
					

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 09:47
Heat: 5/14 Lane : 6 Athlete: WILLAERT NAOMI					Q-time: 03:14:10
PB (50m pool): 03:15.62 Antwerpen 20/07/2025					PB (25m pool): 03:06.23 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.35	01:32.99	02:32.79	03:15.62	
	00:43.35	00:49.64	00:59.80	00:42.83	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:55
Heat: 7/14 Lane : 1 Athlete: SCHELFAUT FLOOR					Q-time: 03:03:90
PB (50m pool): 03:20.98 Antwerpen 14/07/2024					PB (25m pool): 03:03.90 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	03:20.98	
	no time				
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:55
Heat: 7/14 Lane : 3 Athlete: LAGA LORE					Q-time: 03:01:61
PB (50m pool): 03:06.83 Antwerpen 13/07/2025					PB (25m pool): 02:59.85 SB: 03:07.88 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.73	01:31.78	02:25.06	03:06.83	
	00:41.73	00:50.05	00:53.28	00:41.77	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 10:02
Heat: 9/14 Lane : 8 Athlete: DIERICKX MAREN					Q-time: 02:56:15
PB (50m pool): 02:56.15 Gent 08/02/2026					PB (25m pool): 02:50.00 SB: 02:56.15 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.51	01:24.21	02:16.35	02:56.15	
	00:38.51	00:45.70	00:52.14	00:39.80	
					

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 2: 200M MEDLEY MEN 11+					Heat:2, starttime: 10:26
Heat: 2/13 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	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:3, starttime: 10:31
Heat: 3/13 Lane : 8 Athlete: PIETERS MAURO					Q-time: 03:32:84
PB (50m pool): 03:32.84 Gent 08/02/2026 PB (25m pool): 03:40.02 SB: 03:32.84 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.60	01:44.10	02:44.54	03:32.84	
	00:49.60	00:54.50	01:00.44	00:48.30	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:4, starttime: 10:35
Heat: 4/13 Lane : 3 Athlete: VERSCHELDE THIJS					Q-time: 03:02:62
PB (50m pool): 03:02.62 Gent 08/02/2026 PB (25m pool): 02:53.61 SB: 03:02.62 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.94	01:29.18	02:24.39	03:02.62	
	00:41.94	00:47.24	00:55.21	00:38.23	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:6, starttime: 10:42
Heat: 6/13 Lane : 8 Athlete: LONG XIANG					Q-time: 02:57:02
PB (50m pool): 02:57.02 Gent 08/02/2026 PB (25m pool): 02:49.48 SB: 02:57.02 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.63	01:27.47	02:15.63	02:57.02	
	00:37.63	00:49.84	00:48.16	00:41.39	
					

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 2: 200M MEDLEY MEN 11+					Heat:7, starttime: 10:45
Heat: 7/13 Lane : 7 Athlete: VANMEIRHAEGHE KASPER					Q-time: 02:51:29
PB (50m pool): no time PB (25m pool): 02:44.08 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: 2: 200M MEDLEY MEN 11+					Heat:8, starttime: 10:49
Heat: 8/13 Lane : 2 Athlete: NIEMEGEERTS SVEN					Q-time: 02:43:41
PB (50m pool): 02:54.34 Antwerpen 14/07/2024 PB (25m pool): 02:39.25 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	02:54.34	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:10, starttime: 10:55
Heat: 10/13 Lane : 5 Athlete: NIEMEGEERTS IVAN					Q-time: 02:31:18
PB (50m pool): 02:33.19 Gent 08/02/2026 PB (25m pool): 02:31.18 SB: 02:33.19 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.70	01:13.84	01:58.93	02:33.19	
	00:32.70	00:41.14	00:45.09	00:34.26	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:12, starttime: 11:01
Heat: 12/13 Lane : 2 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: 02:28.13 Antwerpen 08/03/2026					
	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:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 2: 200M MEDLEY MEN 11+					Heat:12, starttime: 11:01
Heat: 12/13 Lane : 5 Athlete: VAN OOST MARTIJN					Q-time: 02:24:87
PB (50m pool): 02:28.15 Antwerpen 13/07/2025					PB (25m pool): 02:24.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.22	01:11.94	01:56.28	02:28.15	
	00:32.22	00:39.72	00:44.34	00:31.87	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:13, starttime: 11:04
Heat: 13/13 Lane : 2 Athlete: COENE XANDER					Q-time: 02:20:46
PB (50m pool): 02:22.14 Antwerpen 08/03/2026					PB (25m pool): 02:16.40 SB: 02:22.14 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.19	01:07.07	01:48.63	02:22.14	
	00:29.19	00:37.88	00:41.56	00:33.51	
					

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11+					Heat:2, starttime: 11:24
Heat: 2/2 Lane : 2 Athlete: DIERICKX MAREN					Q-time: 00:32:60
PB (50m pool): 00:32.60 LOCHRISTI 25/01/2026					PB (25m pool): 00:35.41 SB: 00:32.60 LOCHRISTI 25/01/2026
	5 0 M				
PB	00:32.60				
	00:32.60				
					

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+					Heat:2, starttime: 11:27
Heat: 2/2 Lane : 1 Athlete: NIEMEGEREERTS IVAN					Q-time: 00:27:43
PB (50m pool): 00:27.45 Gent 08/02/2026					PB (25m pool): 00:26.55 SB: 00:27.45 Gent 08/02/2026
	5 0 M				
PB	00:27.45				
	00:27.45				
					

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 4: 50M FREESTYLE MEN 11+										Heat:2, starttime: 11:27																			
Heat: 2/2 Lane : 3 Athlete: SCHAUBROECK YARNO																				Q-time: 00:26:03									
PB (50m pool): 00:26.03 LOCHRISTI 25/01/2026										PB (25m pool): 00:25.06SB: 00:26.03 LOCHRISTI 25/01/2026																			
	5 0 M																												
PB	00:26.03																												
	00:26.03																												
																													

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+										Heat:2, starttime: 11:27																			
Heat: 2/2 Lane : 4 Athlete: COENE XANDER																				Q-time: 00:25:51									
PB (50m pool): 00:25.88 Gent 08/02/2026										PB (25m pool): 00:25.51SB: 00:25.88 Gent 08/02/2026																			
		5 0 M																											
PB		00:25.88																											
		00:25.88																											
																													

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11+										Heat:2, starttime: 11:27																			
Heat: 2/2 Lane : 5 Athlete: VAN OOST MARTIJN																				Q-time: 00:25:81									
PB (50m pool): 00:26.23 Gent 08/02/2026										PB (25m pool): 00:25.01SB: 00:26.23 Gent 08/02/2026																			
		5 0 M																											
PB		00:26.23																											
		00:26.23																											
																													

Coach feedback:

Event number: 5: 50M BACKSTROKE WOMEN 11+										Heat:3, starttime: 11:32	
Heat: 3/5 Lane : 6 Athlete: CONRADIE BEAH										Q-time: 00:44:73	
PB (50m pool): no time										PB (25m pool): 00:44.73SB: no time	
	5 0 M										
PB	no time										
	no time										
											

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 5: 50M BACKSTROKE WOMEN 11+		Heat:4, starttime: 11:33
Heat: 4/5 Lane : 8 Athlete: VAN BUGGENHOUT AMBER		Q-time: 00:42:69
PB (50m pool): 00:45.46 Antwerpen 13/07/2025		PB (25m pool): 00:42.69 SB: no time
	5 0 M	
PB	00:45.46	
	00:45.46	
		

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+		Heat:2, starttime: 11:39
Heat: 2/3 Lane : 8 Athlete: PIETERS MAURO		Q-time: 00:45:40
PB (50m pool): no time		PB (25m pool): 00:45.40 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 6: 50M BACKSTROKE MEN 11+		Heat:3, starttime: 11:40
Heat: 3/3 Lane : 8 Athlete: NIEMEGEERTS SVEN		Q-time: 00:35:92
PB (50m pool): 00:35.92 Antwerpen 13/07/2025		PB (25m pool): 00:36.22 SB: no time
	5 0 M	
PB	00:35.92	
	00:35.92	
		

Coach feedback:

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:1, starttime: 11:45
Heat: 1/4 Lane : 2 Athlete: VERHAMME MATTS		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:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 8: 50M BREASTSTROKE MEN 11+		Heat:3, starttime: 11:48
Heat: 3/4 Lane : 7 Athlete: VANMEIRHAEGHE KASPER		Q-time: 00:43:50
PB (50m pool): no time		PB (25m pool): 00:43.50 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 11:52
Heat: 2/7 Lane : 6 Athlete: WILLAERT NAOMI		Q-time: 00:46:96
PB (50m pool): 00:47.91 Lochristi 01/02/2026		PB (25m pool): 00:46.96 SB: 00:47.91 Lochristi 01/02/2026
	5 0 M	
PB	00:47.91	
	00:47.91	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:2, starttime: 11:52
Heat: 2/7 Lane : 7 Athlete: VANDENBUSSCHE LENA		Q-time: 00:48:13
PB (50m pool): no time		PB (25m pool): 00:48.13 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+		Heat:3, starttime: 11:53
Heat: 3/7 Lane : 6 Athlete: SCHELFAUT FLOOR		Q-time: 00:41:32
PB (50m pool): no time		PB (25m pool): 00:41.32 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Van Puymbrouck: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 9: 50M BUTTERFLY WOMEN 11+					Heat:4, starttime: 11:55				
Heat: 4/7 Lane : 1 Athlete: LAGA LORE					Q-time: 00:37:87				
PB (50m pool): 00:37.87 Lochristi 01/02/2026					PB (25m pool): 00:39.56SB: 00:37.87 Lochristi 01/02/2026				
	5 0 M								
PB	00:37.87								
	00:37.87								
									

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+					Heat:1, starttime: 12:00									
Heat: 1/5 Lane : 2 Athlete: VERSCHELDE THIJS					Q-time: 99:99:99									
PB (50m pool): 00:49.36 Gent (Rozebroeken) 03/03/2024										PB (25m pool): no time SB: no time				
	5 0 M													
PB	00:49.36													
	00:49.36													
														

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+				Heat:2, starttime: 12:01	
Heat: 2/5 Lane : 7 Athlete: LONG XIANG				Q-time: 00:40:22	
PB (50m pool): no time				PB (25m pool): 00:40.22SB: no time	
	5 0 M				
PB	no time				
	<i>no time</i>				
					

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+				Heat:4, starttime: 12:04	
Heat: 4/5 Lane : 5 Athlete: VAN OOST MARTIJN				Q-time: 00:29:90	
PB (50m pool): 00:36.16 Gent (Rozebroeken) 03/03/2024				PB (25m pool): 00:29.90SB: no time	
	5 0 M				
PB	00:36.16				
	00:36.16				
					

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 11+										Heat:5, starttime: 12:05																				
Heat: 5/5 Lane : 1 Athlete: NIEMEGEERTS IVAN																				Q-time: 00:29:66										
PB (50m pool): 00:29.98 Lochristi 01/02/2026										PB (25m pool): 00:29.66SB: 00:29.98 Lochristi 01/02/2026																				
	5 0 M																													
PB	00:29.98																													
	00:29.98																													
																														

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+										Heat:5, starttime: 12:05																				
Heat: 5/5 Lane : 7 Athlete: SCHAUBROECK YARNO																				Q-time: 00:29:62										
PB (50m pool): 00:29.62 Gent 08/02/2026										PB (25m pool): no time SB: 00:29.62 Gent 08/02/2026																				
	5 0 M																													
PB	00:29.62																													
	00:29.62																													
																														

Coach feedback: