

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 12: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:31
Heat: 4/9 Lane : 2 Athlete: LONG XIANG					Q-time: 02:36:57
PB (50m pool): 02:36.57 Gent 08/02/2026					PB (25m pool): 02:52.92 SB: 02:36.57 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.19	01:12.55	01:54.59	02:36.57	
	00:34.19	00:38.36	00:42.04	00:41.98	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:34
Heat: 5/9 Lane : 2 Athlete: VERSCHELDE THIJS					Q-time: 02:30:59
PB (50m pool): 02:33.79 Gent 08/02/2026					PB (25m pool): 02:30.59 SB: 02:33.79 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.11	01:15.08	01:55.02	02:33.79	
	00:35.11	00:39.97	00:39.94	00:38.77	
					

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:34
Heat: 5/9 Lane : 3 Athlete: VANMEIRHAEGHE KASPER					Q-time: 02:26:91
PB (50m pool): 02:27.88 Antwerpen 13/07/2025					PB (25m pool): 02:26.91 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.86	01:11.71	01:49.83	02:27.88	
	00:33.86	00:37.85	00:38.12	00:38.05	
					

Coach feedback:

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Event number: 12: 200M FREESTYLE MEN 11+					Heat:6, starttime: 14:37
Heat: 6/9 Lane : 7 Athlete: NIEMEGEREERTS 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: 02:30.74 Gent 08/02/2026					
	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: 12: 200M FREESTYLE MEN 11+					Heat:8, starttime: 14:43
Heat: 8/9 Lane : 4 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: 02:10.27 Antwerpen 08/03/2026					
	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:

Event number: 12: 200M FREESTYLE MEN 11+					Heat:9, starttime: 14:45
Heat: 9/9 Lane : 6 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: 02:09.31 Gent 08/02/2026					
	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: 13: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:57
Heat: 3/9 Lane : 5 Athlete: CONRADIE BEAH					Q-time: 03:02:38
PB (50m pool): no time PB (25m pool): 03:02.38 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: 13: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 15:04
Heat: 5/9 Lane : 6 Athlete: LAGA LORE					Q-time: 02:40:76
PB (50m pool): 02:40.76 Gent 08/02/2026					PB (25m pool): 02:41.83 SB: 02:40.76 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:17.76	no time	02:40.76	
	no time				
					

Coach feedback:

Event number: 14: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 15:24
Heat: 2/2 Lane : 8 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: 15: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:29
Heat: 1/3 Lane : 4 Athlete: WILLAERT NAOMI					Q-time: 03:03:44
PB (50m pool): 03:10.08 WACHTEBEKE 19/01/2025					PB (25m pool): 03:03.44 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:33.18	no time	03:10.08	
	no time				
					

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:49
Heat: 3/3 Lane : 3 Athlete: COENE XANDER					Q-time: 02:41:98
PB (50m pool): 02:46.74 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:41.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.86	01:20.29	02:04.29	02:46.74	
	00:36.86	00:43.43	00:44.00	00:42.45	
					

Coach feedback:

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Event number: 16: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:49
Heat: 3/3 Lane : 6 Athlete: NIEMEGEREETS IVAN					Q-time: 02:47:69
PB (50m pool): 02:51.87 Gent 08/02/2026					PB (25m pool): 02:47.69 SB: 02:51.87 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.09	01:23.90	02:08.51	02:51.87	
	00:40.09	00:43.81	00:44.61	00:43.36	
					

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:57
Heat: 2/2 Lane : 1 Athlete: DIERICKX MAREN					Q-time: 03:19:54
PB (50m pool): 03:19.54 Gent 08/02/2026					PB (25m pool): 03:19.67 SB: 03:19.54 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.30	01:37.05	02:29.55	03:19.54	
	00:45.30	00:51.75	00:52.50	00:49.99	
					

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:57
Heat: 2/2 Lane : 2 Athlete: VAN BUGGENHOUT AMBER					Q-time: 03:15:16
PB (50m pool): 03:25.09 Gent 08/02/2026					PB (25m pool): 03:15.16 SB: 03:25.09 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.24	01:38.66	02:32.25	03:25.09	
	00:47.24	00:51.42	00:53.59	00:52.84	
					

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:57
Heat: 2/2 Lane : 3 Athlete: SCHELFAUT FLOOR					Q-time: 03:12:45
PB (50m pool): 03:32.38 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 03:12.45 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	03:32.38	
	no time				
					

Coach feedback:

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Event number: 17: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:57
Heat: 2/2 Lane : 8 Athlete: VANDENBUSSCHE LENA					Q-time: 03:23:14
PB (50m pool): 03:25.70 Gent 08/02/2026			PB (25m pool): 03:23.14 SB: 03:25.70 Gent 08/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.58	01:40.51	02:34.07	03:25.70	
	00:47.58	00:52.93	00:53.56	00:51.63	
					

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:27
Heat: 3/3 Lane : 2 Athlete: NIEMEGEERTS IVAN					Q-time: 00:59:42
PB (50m pool): 00:59.79 LOCHRISTI 25/01/2026			PB (25m pool): 00:58.81 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: 20: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:27
Heat: 3/3 Lane : 3 Athlete: SCHAUBROECK YARNO					Q-time: 00:58:60
PB (50m pool): 00:58.60 Gent 08/02/2026			PB (25m pool): 00:55.25 SB: 00:58.60 Gent 08/02/2026		
	5 0 M	1 0 0 M			
PB	00:28.19	00:58.60			
	00:28.19	00:30.41			
					

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 16:30
Heat: 1/4 Lane : 5 Athlete: VANDENBUSSCHE LENA					Q-time: 01:20:94
PB (50m pool): 01:20.94 Gent 08/02/2026			PB (25m pool): 01:17.77 SB: 01:20.94 Gent 08/02/2026		
	5 0 M	1 0 0 M			
PB	00:38.49	01:20.94			
	00:38.49	00:42.45			
					

Coach feedback:

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Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 16:32
Heat: 2/4 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: 01:19.63 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:36.98	01:15.42	
	00:36.98	00:38.44	
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 16:32
Heat: 2/4 Lane : 6 Athlete: SCHELFAUT FLOOR			Q-time: 01:13:81
PB (50m pool): 01:13.81 Lochristi 01/02/2026			PB (25m pool): 01:14.23 SB: 01:13.81 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:13.81	
	no time		
			

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 16:32
Heat: 2/4 Lane : 7 Athlete: VAN BUGGENHOUT AMBER			Q-time: 01:15:98
PB (50m pool): 01:19.63 LOCHRISTI 25/01/2026			PB (25m pool): 01:15.98 SB: 01:19.63 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:19.63	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 16:43
Heat: 3/6 Lane : 8 Athlete: VERSCHELDE THIJS			Q-time: 01:25:37
PB (50m pool): 01:26.17 Gent 08/02/2026			PB (25m pool): 01:25.37 SB: 01:26.17 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:41.46	01:26.17	
	00:41.46	00:44.71	
			

Coach feedback:

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Event number: 22: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 16:47
Heat: 5/6 Lane : 7 Athlete: VANMEIRHAE GHE KASPER			Q-time: 01:15:45
PB (50m pool): 01:17.21 Gent 08/02/2026			PB (25m pool): 01:15.45 SB: 01:17.21 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.11	01:17.21	
	00:38.11	00:39.10	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 16:50
Heat: 6/6 Lane : 3 Athlete: VAN OOST MARTIJN			Q-time: 01:04:17
PB (50m pool): 01:07.71 Gent 08/02/2026			PB (25m pool): 01:04.17 SB: 01:07.71 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.02	01:07.71	
	00:33.02	00:34.69	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 17:04
Heat: 2/3 Lane : 5 Athlete: LONG XIANG			Q-time: 01:33:09
PB (50m pool): 01:44.10 Antwerpen 13/07/2025			PB (25m pool): 01:29.91 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.14	01:44.10	
	00:48.14	00:55.96	
			

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 17:14
Heat: 3/5 Lane : 6 Athlete: CONRADIE BEAH			Q-time: 01:40:67
PB (50m pool): 01:42.25 Gent 08/02/2026			PB (25m pool): 01:39.06 SB: 01:42.25 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:47.18	01:42.25	
	00:47.18	00:55.07	
			

Coach feedback:

Van Puymbrouck: Session: 2: COACH evaluation sheet for TEAM: SOS

Event number: 25: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 17:16
Heat: 4/5 Lane : 7 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: 01:39.36 Lochristi 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:37.06	
	no time		
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 17:25
Heat: 3/3 Lane : 1 Athlete: NIEMEGEERTS SVEN			Q-time: 01:11:96
PB (50m pool): 01:12.18 Gent 08/02/2026 PB (25m pool): 01:09.82 SB: 01:12.18 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:32.66	01:12.18	
	00:32.66	00:39.52	
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 17:25
Heat: 3/3 Lane : 2 Athlete: VERHAMME MATTS			Q-time: 01:05:20
PB (50m pool): 01:05.20 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:04.53 SB: 01:07.30 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:30.46	01:05.20	
	00:30.46	00:34.74	
			

Coach feedback:

Event number: 26: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 17:25
Heat: 3/3 Lane : 4 Athlete: COENE XANDER			Q-time: 00:59:81
PB (50m pool): 01:00.42 Gent 08/02/2026 PB (25m pool): 00:59.81 SB: 01:00.42 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:28.04	01:00.42	
	00:28.04	00:32.38	
			

Coach feedback:

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Event number: 27: 100M BUTTERFLY WOMEN 11+		Heat:1, starttime: 17:27	
Heat: 1/2 Lane : 5 Athlete: DIERICKX MAREN			Q-time: 01:22:68
PB (50m pool): 01:23.26 Gent 08/02/2026		PB (25m pool): 01:22.68 SB: 01:23.26 Gent 08/02/2026	
	5 0 M	1 0 0 M	
PB	00:39.09	01:23.26	
	00:39.09	00:44.17	
			

Coach feedback: