

Limietenwedstrijd: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 10:00 untill 10:45. Teamleadmeeting @ 10:45 The listed starttimes are indicative!

Coaches: Maes Jana HEADCOACH

Coaches: Van Buggenhout Koen

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 200M MEDLEY WOMEN 11-12							Heat:2, starttime: 11:04	
Heat: 2/2 Lane : 2 Athlete: WILLAERT NAOMI							Q-time: 03:06:23	
PB (25m pool): 03:06.23 Durmehal 28/02/2026				PB (50m pool): 03:15.62 SB: 03:06.23 Durmehal 28/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.25		01:30.59		02:25.80		03:06.23
	00:44.25		00:46.34		00:55.21		00:40.43	
								

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11-12							Heat:2, starttime: 11:04	
Heat: 2/2 Lane : 8 Athlete: CONRADIE BEAH							Q-time: 03:16:85	
PB (25m pool): 03:20.48 Durmehal 28/02/2026				PB (50m pool): 03:16.85SB: 03:20.48 Durmehal 28/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.50		01:36.33		02:32.54		03:20.48
	00:44.50		00:51.83		00:56.21		00:47.94	
								

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11-12							Heat:2, starttime: 11:13	
Heat: 2/2 Lane : 1 Athlete: PIETERS MAURO							Q-time: 03:32:84	
PB (25m pool): 03:40.02 Sinbad 05/10/2025			PB (50m pool): 03:26.31 SB: 03:40.02 Sinbad 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:50.12		no time		no time		03:40.02
	00:50.12							
								

Coach feedback:

Limietenwedstrijd: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 9: 400M FREESTYLE WOMEN 11-12							Heat:2, starttime: 12:02	
Heat: 2/2 Lane : 6 Athlete: WILLAERT NAOMI							Q-time: 05:39:28	
PB (25m pool): 05:45.93 LAGO Zwevegem 09/06/2025				PB (50m pool): 05:39.28SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:39.26		01:22.79		02:07.05		02:51.11
	00:39.26		00:43.53		00:44.26		00:44.06	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:36.16		04:20.56		05:04.69		05:45.93
	00:45.05		00:44.40		00:44.13		00:41.24	
								

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-12							Heat:2, starttime: 12:02	
Heat: 2/2 Lane : 8 Athlete: CONRADIE BEAH							Q-time: 06:15:25	
PB (25m pool): no time			PB (50m pool): 06:15.25SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
	...	...	...	...	...	...	...	...
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 10: 400M FREESTYLE MEN 11-12							Heat:1, starttime: 12:10	
Heat: 1/2 Lane : 5 Athlete: PIETERS MAURO							Q-time: 06:41:63	
PB (25m pool): 07:12.42 Gent 23/02/2025				PB (50m pool): 06:41.63SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:45.06		01:40.02		02:35.38		03:31.50
	00:45.06		00:54.96		00:55.36		00:56.12	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:27.23		05:23.98		06:17.31		07:12.42
	00:55.73		00:56.75		00:53.33		00:55.11	
								

Coach feedback: