

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 13:00 untill 14:05. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verhamme Joris HEADCOACH

Coaches: Van Buggenhout Koen

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

Event number: 8: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:34
Heat: 4/28 Lane : 7 Athlete: DE CONINCK MAXIME					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: 8: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:34
Heat: 4/28 Lane : 8 Athlete: PIETERS MAURO					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:08.31 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: 8: 200M FREESTYLE MEN 11+					Heat:10, starttime: 14:56
Heat: 10/28 Lane : 6 Athlete: LONG XIANG					Q-time: 02:36:57
PB (50m pool): 02:36.57 Gent 08/02/2026 PB (25m pool): 02:29.99 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:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:12, starttime: 15:02
Heat: 12/28 Lane : 1 Athlete: VERSCHELDE THIJS					Q-time: 02:31:66
PB (50m pool): 02:31.66 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:26.53 SB: 02:31.66 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.77	01:13.33	01:53.09	02:31.66	
	00:34.77	00:38.56	00:39.76	00:38.57	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:15, starttime: 15:11
Heat: 15/28 Lane : 1 Athlete: NIEMEGEERTS SVEN					Q-time: 02:24:75
PB (50m pool): 02:24.75 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:20.26 SB: 02:28.37 Sportoase De Watermolen 29/03/2026					
	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: 8: 200M FREESTYLE MEN 11+					Heat:15, starttime: 15:11
Heat: 15/28 Lane : 7 Athlete: VANMEIRHAEGHE KASPER					Q-time: 02:24:67
PB (50m pool): 02:24.67 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:26.91 SB: 02:24.67 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.45	01:10.72	01:48.52	02:24.67	
	00:33.45	00:37.27	00:37.80	00:36.15	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:19, starttime: 15:22
Heat: 19/28 Lane : 8 Athlete: NIEMEGEERTS IVAN					Q-time: 02:16:69
PB (50m pool): 02:16.69 Gent 08/02/2026 PB (25m pool): 02:11.20 SB: 02:16.69 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.46	01:05.18	01:41.19	02:16.69	
	00:30.46	00:34.72	00:36.01	00:35.50	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:24, starttime: 15:36
Heat: 24/28 Lane : 6 Athlete: VERHAMME MATTS					Q-time: 02:09:06
PB (50m pool): 02:09.06 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:04.03 SB: 02:10.23 Sportoase De Watermolen 29/03/2025					
	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: 8: 200M FREESTYLE MEN 11+					Heat:26, starttime: 15:41
Heat: 26/28 Lane : 2 Athlete: VAN OOST MARTIJN					Q-time: 02:06:34
PB (50m pool): 02:06.34 Antwerpen 13/07/2025					PB (25m pool): 02:01.28 SB: 02:08.33 Sportoase De Watermolen 29/03/2025
	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: 8: 200M FREESTYLE MEN 11+					Heat:26, starttime: 15:41
Heat: 26/28 Lane : 8 Athlete: COENE XANDER				Q-time: 02:07:25	
PB (50m pool): 02:07.25 Antwerpen 27/07/2025					

Coach feedback: