

FIRST Swim Meeting: Session: 4: 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: 18: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:33
Heat: 3/24 Lane : 1 Athlete: VANDENBUSSCHE LENA					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 02:52.94 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: 18: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:42
Heat: 5/24 Lane : 4 Athlete: VAN BUGGENHOUT AMBER					Q-time: 03:06:94
PB (50m pool): 03:06.94 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:48.85 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.08	01:28.85	02:18.75	03:06.94	
	00:41.08	00:47.77	00:49.90	00:48.19	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:49
Heat: 7/24 Lane : 4 Athlete: CONRADIE BEAH					Q-time: 02:57:87
PB (50m pool): 02:57.87 Sportoase De Watermolen 29/03/2026 PB (25m pool): 03:02.38 SB: 02:57.87 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.24	01:24.60	02:13.10	02:57.87	
	00:38.24	00:46.36	00:48.50	00:44.77	
					

Coach feedback:

FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: SOS

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:52
Heat: 8/24 Lane : 7 Athlete: DIERICKX MAREN					Q-time: 02:52:50
PB (50m pool): 02:52.50 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:31.44 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.40	01:24.84	02:10.79	02:52.50	
	00:39.40	00:45.44	00:45.95	00:41.71	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:11, starttime: 15:02
Heat: 11/24 Lane : 5 Athlete: LAGA LORE					Q-time: 02:40:76
PB (50m pool): 02:40.76 Gent 08/02/2026 PB (25m pool): 02:37.52 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: 20: 200M BREASTSTROKE MEN 11+					Heat:5, starttime: 16:07
Heat: 5/19 Lane : 8 Athlete: VERHAMME MATTS					Q-time: 99:99:99
PB (50m pool): 03:09.10 Antwerpen 14/07/2024 PB (25m pool): 02:43.12 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	03:09.10	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:15, starttime: 16:48
Heat: 15/19 Lane : 6 Athlete: VAN OOST MARTIJN					Q-time: 02:54:07
PB (50m pool): 02:54.07 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:45.65 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.60	01:24.66	02:09.56	02:54.07	
	00:39.60	00:45.06	00:44.90	00:44.51	
					

Coach feedback: