

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van de Capelle Elke HEADCOACH

Coaches: Verhamme Joris

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:16
Heat: 2/18 Lane : 7 Athlete: PIETERS MAURO					Q-time: 01:22:31
PB (25m pool): 01:22.31 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:24.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.18		01:22.31	
		00:39.18		00:43.13	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:18
Heat: 3/18 Lane : 3 Athlete: DE CONINCK MAXIME					Q-time: 01:16:62
PB (25m pool): 01:16.62 Eeklo 19/04/2026					PB (50m pool): 01:20.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.66		01:16.62	
		00:37.66		00:38.96	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:23
Heat: 6/18 Lane : 5 Athlete: LONG XIANG					Q-time: 01:08:00
PB (25m pool): 01:08.00 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:08.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.78		01:08.00	
		00:32.78		00:35.22	
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:27
Heat: 8/18 Lane : 5 Athlete: VANMEIRHAEGHE KASPER					Q-time: 01:05:24
PB (25m pool): 01:05.33 Eeklo 19/04/2026					PB (50m pool): 01:05.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.31		01:05.33	
	00:31.31		00:34.02		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:30
Heat: 10/18 Lane : 8 Athlete: NIEMEGEREETS SVEN					Q-time: 01:03:47
PB (25m pool): 01:03.47 TEMSE 18/05/2025					PB (50m pool): 01:04.14 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.09		01:03.47	
	00:31.09		00:32.38		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:33
Heat: 12/18 Lane : 2 Athlete: HEMELSOEN AARYAN					Q-time: 01:01:15
PB (25m pool): 01:01.15 Eeklo 19/04/2026					PB (50m pool): 01:01.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.88		01:01.15	
	00:28.88		00:32.27		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:15, starttime: 09:37
Heat: 15/18 Lane : 1 Athlete: NIEMEGEREETS IVAN					Q-time: 00:58:20
PB (25m pool): 00:58.81 Durmehal 28/02/2026					PB (50m pool): 00:58.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.67		00:58.81	
	00:28.67		00:30.14		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:18, starttime: 09:42
Heat: 18/18 Lane : 1 Athlete: VAN OOST MARTIJN					Q-time: 00:54:86
PB (25m pool): 00:54.86 Eeklo 06/04/2026			PB (50m pool): 00:55.82 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.34		00:54.86	
	00:26.34		00:28.52		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:18, starttime: 09:42
Heat: 18/18 Lane : 6 Athlete: VERHAMME MATTS					Q-time: 00:53:83
PB (25m pool): 00:53.83 Temse 31/05/2026			PB (50m pool): 00:55.35 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.30		00:53.83	
	00:26.30		00:27.53		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 09:56
Heat: 4/14 Lane : 8 Athlete: CONRADIE BEAH							Q-time: 03:16:85
PB (25m pool): 03:20.48 Durmechal 28/02/2026				PB (50m pool): 03:16.85 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
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: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 10:00
Heat: 5/14 Lane : 5 Athlete: VAN BUGGENHOUT AMBER							Q-time: 03:05:86
PB (25m pool): 03:05.86 Durmechal 28/02/2026				PB (50m pool): 03:11.45 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		00:44.69		01:32.50		02:24.47	03:05.86
	00:44.69		00:47.81		00:51.97		00:41.39
							

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:07	
Heat: 7/14 Lane : 1 Athlete: DE BAERE AUKE							Q-time: 02:58:32	
PB (25m pool): 02:58.32 Eeklo 06/04/2026				PB (50m pool): 03:04.90 SB: no time				
	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		00:39.33		no time		no time		02:58.32
	00:39.33							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 10:07	
Heat: 7/14 Lane : 7 Athlete: LAGA LORE							Q-time: 02:58:26	
PB (25m pool): 02:58.26 Temse 31/05/2026				PB (50m pool): 03:06.83SB: no time				
	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		00:38.32		01:26.07		02:17.82		02:58.26
	00:38.32		00:47.75		00:51.75		00:40.44	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 10:14	
Heat: 9/14 Lane : 6 Athlete: BULCKAEN JANNE							Q-time: 02:49:62	
PB (25m pool): 02:49.62 LAGO Zwevegem 09/06/2025				PB (50m pool): 02:52.98SB: no time				
	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		00:37.11		01:20.62		02:10.16		02:49.62
	00:37.11		00:43.51		00:49.54		00:39.46	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:18	
Heat: 10/14 Lane : 6 Athlete: DIERICKX MAREN							Q-time: 02:47:50	
PB (25m pool): 02:47.50 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:47.76SB: no time				
	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		00:36.37		01:20.07		02:09.69		02:47.50
	00:36.37		00:43.70		00:49.62		00:37.81	
								

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:18	
Heat: 10/14 Lane : 7 Athlete: STROBBE MAJA							Q-time: 02:47:68	
PB (25m pool): 02:47.68 Eeklo 21/04/2025				PB (50m pool): 02:50.40 SB: no time				
	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		00:35.23		no time		no time		02:47.68
	00:35.23							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:2, starttime: 10:36	
Heat: 2/7 Lane : 8 Athlete: VANMEIRHAEGHE KASPER							Q-time: 01:31:32	
PB (25m pool): 01:31.32 Sint-Amandsberg 19/10/2025							PB (50m pool): 01:33.11 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:43.49		01:31.32				
	00:43.49		00:47.83					
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:3, starttime: 10:38	
Heat: 3/7 Lane : 8 Athlete: LONG XIANG							Q-time: 01:28:51	
PB (25m pool): 01:28.51 Temse 31/05/2026				PB (50m pool): 01:31.97 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:42.32		01:28.51				
	00:42.32		00:46.19					
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:4, starttime: 10:40	
Heat: 4/7 Lane : 8 Athlete: HEMELSOEN AARYAN							Q-time: 01:22:41	
PB (25m pool): 01:22.41 LAGO Zwevegem 25/05/2026							PB (50m pool): 01:24.05 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:38.85		01:22.41				
	00:38.85		00:43.56					
								

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:42
Heat: 5/7 Lane : 5 Athlete: VAN OOST MARTIJN					Q-time: 01:15:61
PB (25m pool): 01:15.61 Nijlen 16/11/2025					PB (50m pool): 01:18.93 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.85		01:15.61	
	00:34.85		00:40.76		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:42
Heat: 5/7 Lane : 7 Athlete: NIEMEGEERTS IVAN					Q-time: 01:17:44
PB (25m pool): 01:17.44 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:19.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.15		01:17.44	
	00:36.15		00:41.29		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:7, starttime: 10:46
Heat: 7/7 Lane : 3 Athlete: COENE XANDER					Q-time: 01:08:57
PB (25m pool): 01:08.57 Nijlen 16/11/2025					PB (50m pool): 01:11.27 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.00		01:08.57	
	00:32.00		00:36.57		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:1, starttime: 10:48	
Heat: 1/6 Lane : 3 Athlete: DIERICKX MAREN							Q-time: 03:39:88	
PB (25m pool): no time			PB (50m pool): 03:39.88SB: no time					
	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		no time		no time		no time		no time
	no time							
								

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:52	
Heat: 2/6 Lane : 1 Athlete: VAN BUGGENHOUT AMBER							Q-time: 02:59:97	
PB (25m pool): 03:02.11 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:59.97 SB: no time				
	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		00:43.68		01:29.92		02:16.72		03:02.11
	00:43.68		00:46.24		00:46.80		00:45.39	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:52	
Heat: 2/6 Lane : 3 Athlete: BULCKAEN JANNE							Q-time: 02:53:25	
PB (25m pool): 02:53.25 Temse 17/11/2025				PB (50m pool): 03:02.52 SB: no time				
	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		00:40.74		01:24.89		02:08.94		02:53.25
	00:40.74		00:44.15		00:44.05		00:44.31	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:04	
Heat: 5/6 Lane : 7 Athlete: CLAEYS ROMEE							Q-time: 02:34:55	
PB (25m pool): 02:34.55 Temse 17/11/2025				PB (50m pool): 02:40.12SB: no time				
	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		00:35.12		01:14.35		01:54.34		02:34.55
	00:35.12		00:39.23		00:39.99		00:40.21	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:18	
Heat: 2/6 Lane : 1 Athlete: HEMELSOEN AARYAN							Q-time: 05:20:04	
PB (25m pool): 05:20.04 LAGO Zwevegem 25/05/2026				PB (50m pool): no time SB: 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		00:32.44		01:09.79		01:49.82		02:31.37
	00:32.44		00:37.35		00:40.03		00:41.55	
								
	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		03:14.18		03:57.21		04:40.01		05:20.04
	00:42.81		00:43.03		00:42.80		00:40.03	
								

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:24	
Heat: 3/6 Lane : 2 Athlete: NIEMEGEERTS IVAN							Q-time: 04:52:71	
PB (25m pool): 04:56.61 LAGO Zwevegem 09/06/2025				PB (50m pool): 04:52.71 SB: 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		00:33.49		01:09.99		01:47.29		02:24.94
	00:33.49		00:36.50		00:37.30		00:37.65	
								
	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		03:03.05		03:41.21		04:19.40		04:56.61
	00:38.11		00:38.16		00:38.19		00:37.21	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:24	
Heat: 3/6 Lane : 5 Athlete: VANMEIRHAECHER KASPER							Q-time: 04:50:01	
PB (25m pool): 04:50.01 LAGO Zwevegem 25/05/2026				PB (50m pool): 06:34.00SB: 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		00:32.33		01:08.87		01:45.80		02:23.00
	00:32.33		00:36.54		00:36.93		00:37.20	
								
	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		02:59.77		03:36.43		04:13.69		04:50.01
	00:36.77		00:36.66		00:37.26		00:36.32	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:24	
Heat: 3/6 Lane : 7 Athlete: NIEMEGEERTS SVEN							Q-time: 04:54:56	
PB (25m pool): 04:54.56 LAGO Zwevegem 25/05/2026				PB (50m pool): no time SB: 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		00:32.10		01:08.05		01:45.22		02:23.04
	00:32.10		00:35.95		00:37.17		00:37.82	
								
	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		03:00.84		03:39.37		04:17.92		04:54.56
	00:37.80		00:38.53		00:38.55		00:36.64	
								

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 6: 400M FREESTYLE MEN 13+							Heat:4, starttime: 11:29	
Heat: 4/6 Lane : 6 Athlete: VAN OOST MARTIJN							Q-time: 04:39:95	
PB (25m pool): 04:39.95 Gent 23/02/2025				PB (50m pool): 04:42.31 SB: 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		00:29.87		01:03.94		01:39.22		02:16.15
	00:29.87		00:34.07		00:35.28		00:36.93	
								
	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		02:52.42		03:29.24		04:05.54		04:39.95
	00:36.27		00:36.82		00:36.30		00:34.41	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:5, starttime: 11:34	
Heat: 5/6 Lane : 2 Athlete: VERHAMME MATTS							Q-time: 04:30:18	
PB (25m pool): 04:33.31 Gent 23/02/2025				PB (50m pool): 04:30.18SB: 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		00:30.53		01:04.47		01:39.15		02:14.66
	00:30.53		00:33.94		00:34.68		00:35.51	
								
	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		02:49.85		03:25.29		04:00.56		04:33.31
	00:35.19		00:35.44		00:35.27		00:32.75	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:6, starttime: 11:39	
Heat: 6/6 Lane : 8 Athlete: COENE XANDER							Q-time: 04:21:04	
PB (25m pool): 04:21.04 T Rosco 12/10/2025				PB (50m pool): 04:23.80SB: 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		00:28.73		01:00.67		01:33.51		02:07.49
	00:28.73		00:31.94		00:32.84		00:33.98	
								
	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		02:41.28		03:15.17		03:48.38		04:21.04
	00:33.79		00:33.89		00:33.21		00:32.66	
								

Coach feedback:

PK KB OVL 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:49
Heat: 4/16 Lane : 5 Athlete: CONRADIE BEAH			Q-time: 00:41:13
PB (25m pool): 00:42.38 Sinbad 05/10/2025			PB (50m pool): 00:41.13 SB: no time
	2 5 M	5 0 M	
PB		00:42.38	
		00:42.38	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:54
Heat: 8/16 Lane : 1 Athlete: DE BAERE AUKE			Q-time: 00:37:00
PB (25m pool): 00:37.96 Dendermonde. 22/11/2025			PB (50m pool): 00:37.00 SB: no time
	2 5 M	5 0 M	
PB		00:37.96	
		00:37.96	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:8, starttime: 12:15
Heat: 8/8 Lane : 1 Athlete: COENE XANDER			Q-time: 00:28:41
PB (25m pool): 00:28.81 T Rosco 12/10/2025			PB (50m pool): 00:28.41 SB: no time
	2 5 M	5 0 M	
PB		00:28.81	
		00:28.81	
			

Coach feedback: