

PK KB OVL 26: Session: 2: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 9: 200M BUTTERFLY MEN 13+

Heat:2, starttime: 14:04

Heat: 2/2 Lane : 2 Athlete: NIEMEGERE SVEN

Q-time: 02:40:54

PB (25m pool): 02:52.21 Temse 21/12/2025

PB (50m pool): 02:40.54 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		00:34.07		01:16.43		02:03.80		02:52.21
	00:34.07		00:42.36		00:47.37		00:48.41	
								

Coach feedback:

Event number: 9: 200M BUTTERFLY MEN 13+

Heat:2, starttime: 14:04

Heat: 2/2 Lane : 6 Athlete: VERHAMME MATTS

Q-time: 02:36:84

PB (25m pool): 02:40.30 Gent 23/02/2025

PB (50m pool): 02:36.84 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		00:33.63		01:13.05		01:56.31		02:40.30
	00:33.63		00:39.42		00:43.26		00:43.99	
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+

Heat:3, starttime: 14:11

Heat: 3/18 Lane : 1 Athlete: CONRADIE BEAH

Q-time: 01:19:98

PB (25m pool): 01:21.52 Temse 21/12/2025

PB (50m pool): 01:19.98 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.15		01:21.52	
	00:38.15		00:43.37		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:17
Heat: 6/18 Lane : 7 Athlete: DE BAERE AUKE					Q-time: 01:12:66
PB (25m pool): 01:19.15 Eeklo 21/09/2025					PB (50m pool): 01:12.66 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.14		01:19.15	
	00:37.14		00:42.01		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:22
Heat: 9/18 Lane : 4 Athlete: LAGA LORE					Q-time: 01:09:20
PB (25m pool): 01:09.20 Temse 31/05/2026					PB (50m pool): 01:11.75 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.11		01:09.20	
	00:33.11		00:36.09		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:25
Heat: 11/18 Lane : 3 Athlete: STROBBE MAJA					Q-time: 01:07:33
PB (25m pool): 01:07.33 Eeklo 06/04/2026					PB (50m pool): 01:08.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.19		01:07.33	
	00:32.19		00:35.14		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:25
Heat: 11/18 Lane : 6 Athlete: DIERICKX MAREN					Q-time: 01:07:48
PB (25m pool): 01:07.48 Eeklo 19/04/2026					PB (50m pool): 01:10.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.60		01:07.48	
	00:32.60		00:34.88		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:27
Heat: 12/18 Lane : 8 Athlete: BULCKAEN JANNE					Q-time: 01:07:06
PB (25m pool): 01:07.57 LAGO Zwevegem 09/06/2025					PB (50m pool): 01:07.06 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.13		01:07.57	
	00:32.13		00:35.44		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 14:33
Heat: 16/18 Lane : 1 Athlete: CLAEYS ROMEE					Q-time: 01:02:72
PB (25m pool): 01:02.72 Temse 17/11/2025					PB (50m pool): 01:05.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.68		01:02.72	
	00:29.68		00:33.04		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:38	
Heat: 1/13 Lane : 3 Athlete: DE CONINCK MAXIME							Q-time: 03:24:40	
PB (25m pool): 03:25.84 Durmehal 28/02/2026				PB (50m pool): 03:24.40SB: 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		00:48.53		01:41.12		02:42.53		03:25.84
	00:48.53		00:52.59		01:01.41		00:43.31	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:38	
Heat: 1/13 Lane : 4 Athlete: PIETERS MAURO							Q-time: 03:22:58	
PB (25m pool): 03:22.88 Temse 31/05/2026							PB (50m pool): 03:22.58SB: 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		00:47.31		01:37.56		02:34.12		03:22.88
	00:47.31		00:50.25		00:56.56		00:48.76	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:53	
Heat: 5/13 Lane : 8 Athlete: LONG XIANG							Q-time: 02:49:48	
PB (25m pool): 02:49.48 Durmehal 28/02/2026				PB (50m pool): 02:50.59SB: 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		00:37.85		01:22.99		02:11.28		02:49.48
	00:37.85		00:45.14		00:48.29		00:38.20	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:57	
Heat: 6/13 Lane : 2 Athlete: VANMEIRHAEGHE KASPER							Q-time: 02:44:08	
PB (25m pool): 02:44.08 Durmehal 28/02/2026				PB (50m pool): 02:49.45SB: 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		00:37.02		01:17.45		02:07.28		02:44.08
	00:37.02		00:40.43		00:49.83		00:36.80	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:57	
Heat: 6/13 Lane : 6 Athlete: HEMELSOEN AARYAN							Q-time: 02:43:04	
PB (25m pool): 02:43.04 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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.77		01:15.31		02:04.10		02:43.04
	00:31.77		00:43.54		00:48.79		00:38.94	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:11, starttime: 15:12	
Heat: 11/13 Lane : 5 Athlete: NIEMEGEERTS IVAN							Q-time: 02:25:75	
PB (25m pool): 02:25.75 Temse 31/05/2026				PB (50m pool): 02:29.33SB: 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		00:30.73		01:09.74		01:53.79		02:25.75
	00:30.73		00:39.01		00:44.05		00:31.96	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:12, starttime: 15:15	
Heat: 12/13 Lane : 1 Athlete: VAN OOST MARTIJN							Q-time: 02:23:21	
PB (25m pool): 02:24.87 Sinbad 05/10/2025				PB (50m pool): 02:23.21 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		00:32.69		no time		no time		02:24.87
	00:32.69							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:13, starttime: 15:18	
Heat: 13/13 Lane : 5 Athlete: COENE XANDER							Q-time: 02:15:97	
PB (25m pool): 02:15.97 Temse 31/05/2026				PB (50m pool): 02:16.28SB: 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		00:28.51		01:02.63		01:44.29		02:15.97
	00:28.51		00:34.12		00:41.66		00:31.68	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 15:24	
Heat: 2/7 Lane : 4 Athlete: DE BAERE AUKE						Q-time: 01:33:39		
PB (25m pool): 01:33.39 Temse 31/05/2026				PB (50m pool): 01:37.62 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:44.86		01:33.39				
	00:44.86		00:48.53					
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 15:24	
Heat: 2/7 Lane : 5 Athlete: LAGA LORE						Q-time: 01:33:40		
PB (25m pool): 01:33.40 T Rosco 12/10/2025				PB (50m pool): 01:36.78 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:44.39		01:33.40				
	00:44.39		00:49.01					
								

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:26
Heat: 3/7 Lane : 4 Athlete: DIERICKX MAREN					Q-time: 01:30:72
PB (25m pool): 01:30.72 Durmehal 28/02/2026					PB (50m pool): 01:31.96 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.12		01:30.72	
	00:43.12		00:47.60		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:26
Heat: 3/7 Lane : 7 Athlete: STROBBE MAJA					Q-time: 01:31:52
PB (25m pool): 01:31.52 Eeklo 06/04/2026					PB (50m pool): 01:34.73 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.42		01:31.52	
	00:42.42		00:49.10		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 15:30
Heat: 5/7 Lane : 7 Athlete: BULCKAEN JANNE					Q-time: 01:26:00
PB (25m pool): 01:26.00 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:30.66 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.32		01:26.00	
	00:39.32		00:46.68		
					

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:55	
Heat: 1/5 Lane : 3 Athlete: LAGA LORE							Q-time: 05:44:81	
PB (25m pool): 05:44.81 LAGO Zwevegem 09/06/2025				PB (50m pool): 05:50.65SB: 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		00:37.22		01:19.49		02:02.98		02:46.91
	00:37.22		00:42.27		00:43.49		00:43.93	
								
	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		03:32.05		04:16.84		05:01.93		05:44.81
	00:45.14		00:44.79		00:45.09		00:42.88	
								

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:55	
Heat: 1/5 Lane : 4 Athlete: DIERICKX MAREN							Q-time: 05:39:18	
PB (25m pool): 05:57.18 LAGO Zwevegem 09/06/2025				PB (50m pool): 05:39.18SB: 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		00:41.62		01:27.04		02:13.84		02:59.61
	00:41.62		00:45.42		00:46.80		00:45.77	
								
	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		03:45.72		04:31.85		05:17.56		05:57.18
	00:46.11		00:46.13		00:45.71		00:39.62	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:02	
Heat: 2/5 Lane : 5 Athlete: BULCKAEN JANNE							Q-time: 05:23:50	
PB (25m pool): 05:18.88 Sint-Amandsberg 27/10/2024				PB (50m pool): 05:29.49SB: 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		00:34.96		01:14.54		01:55.09		02:36.60
	00:34.96		00:39.58		00:40.55		00:41.51	
								
	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		03:18.27		03:59.26		04:40.25		05:18.88
	00:41.67		00:40.99		00:40.99		00:38.63	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:08	
Heat: 3/5 Lane : 5 Athlete: STROBBE MAJA							Q-time: 05:07:49	
PB (25m pool): 05:07.49 Gent 23/02/2025				PB (50m pool): 05:11.36SB: 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		00:33.85		01:12.02		01:50.94		02:30.67
	00:33.85		00:38.17		00:38.92		00:39.73	
								
	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		03:09.51		03:49.58		04:29.73		05:07.49
	00:38.84		00:40.07		00:40.15		00:37.76	
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 16:14	
Heat: 4/5 Lane : 2 Athlete: CLAEYS ROMEE							Q-time: 04:54:90	
PB (25m pool): 04:54.90 Sint-Amandsberg 19/10/2025				PB (50m pool): 04:58.66SB: 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		00:31.75		01:07.54		01:45.16		02:23.02
	00:31.75		00:35.79		00:37.62		00:37.86	
								
	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		03:01.60		03:39.21		04:15.92		04:54.90
	00:38.58		00:37.61		00:36.71		00:38.98	
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:1, starttime: 16:25	
Heat: 1/13 Lane : 7 Athlete: PIETERS MAURO							Q-time: 00:47:71	
PB (25m pool): 00:47.71 Sinbad 05/10/2025							PB (50m pool): 00:47.91SB: no time	
	2 5 M		5 0 M					
PB			00:47.71					
			00:47.71					
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 16:26	
Heat: 2/13 Lane : 8 Athlete: DE CONINCK MAXIME							Q-time: 00:44:55	
PB (25m pool): 00:44.55 Durmehal 28/02/2026							PB (50m pool): no time SB: no time	
PB	2 5 M		5 0 M					
			00:44.55					
			00:44.55					
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:33
Heat: 8/13 Lane : 5 Athlete: NIEMEGEREETS SVEN			Q-time: 00:30:89
PB (25m pool): 00:30.89 Eeklo 19/04/2026			PB (50m pool): 00:31.67 SB: no time
	2 5 M	5 0 M	
PB		00:30.89	
		00:30.89	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:9, starttime: 16:34
Heat: 9/13 Lane : 4 Athlete: HEMELSOEN AARYAN			Q-time: 00:29:89
PB (25m pool): 00:29.89 Eeklo 19/04/2026			PB (50m pool): 00:31.50 SB: no time
	2 5 M	5 0 M	
PB		00:29.89	
		00:29.89	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:35
Heat: 10/13 Lane : 6 Athlete: NIEMEGEREETS IVAN			Q-time: 00:29:45
PB (25m pool): 00:29.66 T Rosco 12/10/2025			PB (50m pool): 00:29.45 SB: no time
	2 5 M	5 0 M	
PB		00:29.66	
		00:29.66	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:13, starttime: 16:38
Heat: 13/13 Lane : 5 Athlete: COENE XANDER			Q-time: 00:26:50
PB (25m pool): 00:29.16 Diksmuide 17/11/2024			PB (50m pool): 00:26.50 SB: no time
	2 5 M	5 0 M	
PB		00:29.16	
		00:29.16	
			

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+							Heat:13, starttime: 16:38	
Heat: 13/13 Lane : 8 Athlete: VERHAMME MATTS							Q-time: 00:27:42	
PB (25m pool): 00:30.78 Zottegem 09/03/2025							PB (50m pool): 00:27.42 SB: no time	
	2 5 M		5 0 M					
PB			00:30.78					
			00:30.78					
								

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+						Heat:4, starttime: 16:45	
Heat: 4/7 Lane : 5 Athlete: CLAEYS ROMEE					Q-time: 00:34:56		
PB (25m pool): 00:36.79 Gent 23/02/2025				PB (50m pool): 00:34.56SB: no time			
	2 5 M	5 0 M					
PB		00:36.79					
	00:36.79						
							

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+						Heat:1, starttime: 17:01		
Heat: 1/2 Lane : 5 Athlete: TEAM SOS 1						Q-time: 99:99:99		
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+						Heat:1, starttime: 17:06		
Heat: 1/2 Lane : 3 Athlete: TEAM SOS 1						Q-time: 99:99:99		
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: