

PK KB OVL 26: Session: 3: 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: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:42	
Heat: 5/9 Lane : 2 Athlete: STROBBE MAJA							Q-time: 02:24:44	
PB (25m pool): 02:24.44 Eeklo 21/04/2025				PB (50m pool): 02:27.54SB: 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		00:33.44		01:09.97		no time		02:24.44
	00:33.44		00:36.53					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:7, starttime: 09:48	
Heat: 7/9 Lane : 3 Athlete: CLAEYS ROMEE							Q-time: 02:19:12	
PB (25m pool): 02:19.12 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:21.13 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		00:31.48		01:06.79		01:43.30		02:19.12
	00:31.48		00:35.31		00:36.51		00:35.82	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+							Heat:2, starttime: 09:58	
Heat: 2/6 Lane : 2 Athlete: LONG XIANG							Q-time: 01:24:73	
PB (25m pool): no time				PB (50m pool): 01:24.73 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		no time				
	no time							
								

Coach feedback:

PK KB OVL 26: Session: 3: COACH evaluation sheet for TEAM: SOS

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 09:58
Heat: 2/6 Lane : 7 Athlete: VANMEIRHAEGHE KASPER					Q-time: 01:25:46
PB (25m pool): 01:26.87 Sinbad 05/10/2025					PB (50m pool): 01:25.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.52		01:26.87	
	00:39.52		00:47.35		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 10:00
Heat: 3/6 Lane : 7 Athlete: HEMELSOEN AARYAN					Q-time: 01:17:93
PB (25m pool): no time					PB (50m pool): 01:17.93 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 10:02
Heat: 4/6 Lane : 2 Athlete: NIEMEGEREERTS SVEN					Q-time: 01:09:82
PB (25m pool): 01:09.82 Durmehal 28/02/2026					PB (50m pool): 01:10.18 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.44		01:09.82	
	00:31.44		00:38.38		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 10:02
Heat: 4/6 Lane : 6 Athlete: VAN OOST MARTIJN					Q-time: 01:08:85
PB (25m pool): 01:08.85 Nijlen 16/11/2025					PB (50m pool): 01:17.97 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.16		01:08.85	
	00:32.16		00:36.69		
					

Coach feedback:

PK KB OVL 26: Session: 3: COACH evaluation sheet for TEAM: SOS

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:5, starttime: 10:04
Heat: 5/6 Lane : 7 Athlete: NIEMEGEREETS IVAN					Q-time: 01:06:15
PB (25m pool): 01:06.60 Durmehal 28/02/2026					PB (50m pool): 01:06.15 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.89		01:06.60	
	00:30.89		00:35.71		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:6, starttime: 10:06
Heat: 6/6 Lane : 3 Athlete: VERHAMME MATTS					Q-time: 01:00:63
PB (25m pool): 01:00.63 Temse 31/05/2026					PB (50m pool): 01:01.05 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.10		01:00.63	
	00:29.10		00:31.53		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:6, starttime: 10:06
Heat: 6/6 Lane : 4 Athlete: COENE XANDER					Q-time: 00:59:16
PB (25m pool): 00:59.81 Nijlen 16/11/2025					PB (50m pool): 00:59.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.84		00:59.81	
	00:27.84		00:31.97		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:32
Heat: 6/11 Lane : 1 Athlete: LONG XIANG					Q-time: 01:15:59
PB (25m pool): 01:15.59 Temse 31/05/2026					PB (50m pool): 01:19.30 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.43		01:15.59	
	00:37.43		00:38.16		
					

Coach feedback:

PK KB OVL 26: Session: 3: COACH evaluation sheet for TEAM: SOS

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:32
Heat: 6/11 Lane : 5 Athlete: HEMELSOEN AARYAN					Q-time: 01:14:48
PB (25m pool): 01:16.04 Eeklo 06/04/2026					PB (50m pool): 01:14.48 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.98		01:16.04	
	00:36.98		00:39.06		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:32
Heat: 6/11 Lane : 7 Athlete: NIEMEGEERTS SVEN					Q-time: 01:15:32
PB (25m pool): 01:15.32 TEMSE 30/03/2025					PB (50m pool): 01:18.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.60		01:15.32	
	00:36.60		00:38.72		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:35
Heat: 7/11 Lane : 1 Athlete: VANMEIRHAEGHE KASPER					Q-time: 01:13:83
PB (25m pool): 01:13.83 LAGO Zwevegem 25/05/2026					PB (50m pool): 01:15.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.80		01:13.83	
	00:35.80		00:38.03		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:37
Heat: 8/11 Lane : 7 Athlete: NIEMEGEERTS IVAN					Q-time: 01:10:46
PB (25m pool): 01:10.46 Temse 31/05/2026					PB (50m pool): 01:13.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.48		01:10.46	
	00:34.48		00:35.98		
					

Coach feedback:

PK KB OVL 26: Session: 3: COACH evaluation sheet for TEAM: SOS

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 10:41
Heat: 10/11 Lane : 6 Athlete: VAN OOST MARTIJN					Q-time: 01:04:17
PB (25m pool): 01:04.17 Temse 21/12/2025			PB (50m pool): 01:07.71 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.48		01:04.17	
	00:31.48		00:32.69		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:11, starttime: 10:43
Heat: 11/11 Lane : 2 Athlete: COENE XANDER					Q-time: 01:00:43
PB (25m pool): 01:01.24 Temse 21/12/2025			PB (50m pool): 01:00.43 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.16		01:01.24	
	00:30.16		00:31.08		
					

Coach feedback:

Event number: 25: 400M MEDLEY MEN 13+							Heat:2, starttime: 11:03
Heat: 2/2 Lane : 5 Athlete: VERHAMME MATTS							Q-time: 04:59:13
PB (25m pool): 04:59.13 Eeklo 19/04/2026				PB (50m pool): 04:59.46 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
PB		no time		01:05.53		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
PB		no time		no time		no time	04:59.13
							

Coach feedback:

PK KB OVL 26: Session: 3: COACH evaluation sheet for TEAM: SOS

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:13
Heat: 4/11 Lane : 6 Athlete: STROBBE MAJA			Q-time: 00:31:73
PB (25m pool): 00:31.73 Gent 23/02/2025			PB (50m pool): 00:32.01 SB: no time
	2 5 M	5 0 M	
PB		00:31.73	
		00:31.73	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:17
Heat: 8/11 Lane : 6 Athlete: CLAEYS ROMEE			Q-time: 00:29:24
PB (25m pool): 00:29.24 Temse 31/05/2026			PB (50m pool): 00:30.05 SB: no time
	2 5 M	5 0 M	
PB		00:29.24	
		00:29.24	
			

Coach feedback: