

PK KB OVL 26: Session: 4: 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: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:34	
Heat: 4/10 Lane : 4 Athlete: NIEMEGEERTS SVEN							Q-time: 02:20:26	
PB (25m pool): 02:20.26 Eeklo 06/04/2026				PB (50m pool): 02:23.48SB: 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		00:31.54		01:06.88		no time		02:20.26
	00:31.54		00:35.34					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 14:37	
Heat: 5/10 Lane : 7 Athlete: VANMEIRHAEGHE KASPER							Q-time: 02:20:16	
PB (25m pool): 02:26.91 Dendermonde. 22/11/2025				PB (50m pool): 02:20.16SB: 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		00:33.97		01:11.74		no time		02:26.91
	00:33.97		00:37.77					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:10, starttime: 14:50	
Heat: 10/10 Lane : 1 Athlete: VERHAMME MATTS							Q-time: 02:02:60	
PB (25m pool): 02:04.03 Eeklo 06/04/2026				PB (50m pool): 02:02.60SB: 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		00:28.60		01:00.53		no time		02:04.03
	00:28.60		00:31.93					
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:10, starttime: 14:50	
Heat: 10/10 Lane : 2 Athlete: VAN OOST MARTIJN							Q-time: 02:01:28	
PB (25m pool): 02:01.28 Eeklo 06/04/2026				PB (50m pool): 02:05.01SB: 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		00:28.08		00:59.39		no time		02:01.28
	00:28.08		00:31.31					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:10, starttime: 14:50	
Heat: 10/10 Lane : 7 Athlete: COENE XANDER							Q-time: 02:02:05	
PB (25m pool): 02:02.05 Eeklo 06/04/2026				PB (50m pool): 02:06.05SB: 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		00:27.56		00:58.08		no time		02:02.05
	00:27.56		00:30.52					
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:57
Heat: 3/5 Lane : 8 Athlete: STROBBE MAJA				Q-time: 01:17:70	
PB (25m pool): 01:17.70 Eeklo 06/04/2026			PB (50m pool): 01:19.27 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.58		01:17.70	
	00:34.58		00:43.12		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+							Heat:7, starttime: 15:26	
Heat: 7/12 Lane : 1 Athlete: STROBBE MAJA						Q-time: 01:17:94		
PB (25m pool): 01:17.94 Eeklo 06/04/2026				PB (50m pool): 01:21.74 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.20		01:17.94				
	00:37.20		00:40.74					
								

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:30
Heat: 9/12 Lane : 3 Athlete: CLAEYS ROMEE					Q-time: 01:14:11
PB (25m pool): 01:14.72 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:14.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.91		01:14.72	
	00:35.91		00:38.81		
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:1, starttime: 15:39	
Heat: 1/4 Lane : 1 Athlete: VANMEIRHAEGHE KASPER							Q-time: 03:15:05	
PB (25m pool): 03:15.05 Eeklo 19/04/2026				PB (50m pool): 03:29.40 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		00:44.85		01:35.03		no time		03:15.05
	00:44.85		00:50.18					
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 15:46	
Heat: 3/4 Lane : 2 Athlete: NIEMEGEERTS IVAN							Q-time: 02:45:19	
PB (25m pool): 02:45.19 Eeklo 06/04/2026				PB (50m pool): 02:51.87 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		00:37.58		no time		no time		02:45.19
	00:37.58							
								

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 15:53	
Heat: 1/2 Lane : 5 Athlete: CLAEYS ROMEE							Q-time: 06:04:97	
PB (25m pool): no time			PB (50m pool): 06:04.97 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		no time		no time		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	4 0 0 M
PB		no time		no time		no time		no time
								

PK KB OVL 26: Session: 4: COACH evaluation sheet for TEAM: SOS

Event number: 35: 50M FREESTYLE MEN 13+							Heat:6, starttime: 16:12	
Heat: 6/11 Lane : 3 Athlete: NIEMEGEERTS SVEN							Q-time: 00:28:10	
PB (25m pool): 00:28.10 TEMSE 30/03/2025							PB (50m pool): 00:28.83SB: no time	
	2 5 M		5 0 M					
PB			00:28.10					
			00:28.10					
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:11, starttime: 16:16	
Heat: 11/11 Lane : 6 Athlete: VERHAMME MATTS							Q-time: 00:24:41	
PB (25m pool): 00:24.41 Temse 31/05/2026							PB (50m pool): 00:25.37 SB: no time	
	2 5 M		5 0 M					
PB			00:24.41					
			00:24.41					
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:11, starttime: 16:16	
Heat: 11/11 Lane : 7 Athlete: VAN OOST MARTIJN							Q-time: 00:25:01	
PB (25m pool): 00:25.01 Durmehal 28/02/2026							PB (50m pool): 00:25.66 SB: no time	
	2 5 M		5 0 M					
PB			00:25.01					
			00:25.01					
								

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+							Heat:1, starttime: 16:34	
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: