

Memoreal Anteunis 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 The listed starttimes are indicative!

Coaches: Verhamme Joris HEADCOACH

PB => Personal Best time

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

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:4, starttime: 09:04
Heat: 4/11 Lane : 2 Athlete: LAGA LORE			Q-time: 00:47:40
PB (25m pool): 00:45.95 T ROSCO 20/10/2024			PB (50m pool): 00:45.40 SB: no time
	2 5 M	5 0 M	
PB		00:45.95	
	00:45.95		
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:5, starttime: 09:05
Heat: 5/11 Lane : 4 Athlete: DIERICKX MAREN			Q-time: 00:44:73
PB (25m pool): 00:44.73 Sinbad 05/10/2025			PB (50m pool): 00:42.07 SB: no time
	2 5 M	5 0 M	
PB		00:44.73	
	00:44.73		
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:6, starttime: 09:07
Heat: 6/11 Lane : 0 Athlete: VAN BUGGENHOUT AMBER			Q-time: 00:44:51
PB (25m pool): 00:45.45 Sinbad 05/10/2025			PB (50m pool): 00:44.51 SB: no time
	2 5 M	5 0 M	
PB		00:45.45	
	00:45.45		
			

Coach feedback:

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Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:6, starttime: 09:07
Heat: 6/11 Lane : 6 Athlete: DE BAERE AUKE			Q-time: 00:43:75
PB (25m pool): 00:46.33 Gent 23/02/2025			PB (50m pool): 00:43.75 SB: no time
	2 5 M	5 0 M	
PB		00:46.33	
		00:46.33	
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:7, starttime: 09:08
Heat: 7/11 Lane : 5 Athlete: VANDENBUSSCHE LENA			Q-time: 00:42:46
PB (25m pool): 00:44.75 Sinbad 05/10/2025			PB (50m pool): 00:42.46 SB: no time
	2 5 M	5 0 M	
PB		00:44.75	
		00:44.75	
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:7, starttime: 09:08
Heat: 7/11 Lane : 8 Athlete: STROBBE MAJA			Q-time: 00:42:90
PB (25m pool): 00:42.90 Gent 23/02/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:42.90	
		00:42.90	
			

Coach feedback:

Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:10, starttime: 09:11
Heat: 10/11 Lane : 1 Athlete: BULCKAEN JANNE			Q-time: 00:39:40
PB (25m pool): 00:39.40 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:41.59 SB: no time
	2 5 M	5 0 M	
PB		00:39.40	
		00:39.40	
			

Coach feedback:

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Event number: 1: 50M BREASTSTROKE WOMEN 11-17			Heat:11, starttime: 09:12
Heat: 11/11 Lane : 6 Athlete: CLAEYS ROMEE			Q-time: 00:37:39
PB (25m pool): 00:37.39 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:41.14 SB: no time
	2 5 M	5 0 M	
PB		00:37.39	
		00:37.39	
			

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 11-17			Heat:5, starttime: 09:19
Heat: 5/10 Lane : 1 Athlete: VANMEIRHAEGHE KASPER			Q-time: 00:43:50
PB (25m pool): 00:43.50 Sinbad 05/10/2025			PB (50m pool): 00:43.77 SB: no time
	2 5 M	5 0 M	
PB		00:43.50	
		00:43.50	
			

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 11-17			Heat:8, starttime: 09:22
Heat: 8/10 Lane : 4 Athlete: COENE XANDER			Q-time: 00:31:56
PB (25m pool): 00:32.37 T ROSCO 12/10/2025			PB (50m pool): 00:31.56 SB: no time
	2 5 M	5 0 M	
PB		00:32.37	
		00:32.37	
			

Coach feedback:

Event number: 3: 50M FREESTYLE WOMEN 11-17			Heat:7, starttime: 09:32
Heat: 7/16 Lane : 8 Athlete: WILLAERT NAOMI			Q-time: 00:33:48
PB (25m pool): 00:33.48 Waregem 26/09/2026			PB (50m pool): 00:34.87 SB: 00:33.48 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:33.48	
		00:33.48	
			

Coach feedback:

Memoreal Anteunis 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 4: 50M FREESTYLE MEN 11-17			Heat:3, starttime: 09:43
Heat: 3/13 Lane : 6 Athlete: DE CONINCK MAXIME			Q-time: 00:34:84
PB (25m pool): 00:34.84 Waregem 26/09/2026			PB (50m pool): 00:36.98 SB: 00:34.84 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:34.84	
		00:34.84	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11-17			Heat:5, starttime: 09:45
Heat: 5/13 Lane : 2 Athlete: VERSCHELDE THIJS			Q-time: 00:31:79
PB (25m pool): 00:31.79 TEMSE 18/05/2025			PB (50m pool): 00:31.90 SB: no time
	2 5 M	5 0 M	
PB		00:31.79	
		00:31.79	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11-17			Heat:7, starttime: 09:47
Heat: 7/13 Lane : 4 Athlete: LONG XIANG			Q-time: 00:29:77
PB (25m pool): 00:29.77 Waregem 26/09/2026			PB (50m pool): 00:31.25 SB: 00:29.77 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:29.77	
		00:29.77	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11-17			Heat:7, starttime: 09:47
Heat: 7/13 Lane : 6 Athlete: VANMEIRHAEGHE KASPER			Q-time: 00:29:96
PB (25m pool): 00:29.96 Waregem 26/09/2026			PB (50m pool): 00:30.39 SB: 00:29.96 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:29.96	
		00:29.96	
			

Coach feedback:

Memoreal Anteunis 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 4: 50M FREESTYLE MEN 11-17			Heat:11, starttime: 09:51
Heat: 11/13 Lane : 3 Athlete: NIEMEGEREETS IVAN			Q-time: 00:25:97
PB (25m pool): 00:25.97 Waregem 26/09/2026			PB (50m pool): 00:26.68 SB: 00:25.97 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:25.97	
		00:25.97	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11-17			Heat:11, starttime: 09:51
Heat: 11/13 Lane : 4 Athlete: VERHAMME MATTS			Q-time: 00:24:35
PB (25m pool): 00:24.35 Waregem 26/09/2026			PB (50m pool): 00:25.37 SB: 00:24.35 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:24.35	
		00:24.35	
			

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 11-17			Heat:12, starttime: 09:52
Heat: 12/13 Lane : 9 Athlete: HEMELSOEN AARYAN			Q-time: 00:27:40
PB (25m pool): 00:27.40 Waregem 26/09/2026			PB (50m pool): 00:28.32 SB: 00:27.40 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:27.40	
		00:27.40	
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11-17			Heat:6, starttime: 09:59
Heat: 6/11 Lane : 8 Athlete: LAGA LORE			Q-time: 00:36:51
PB (25m pool): 00:36.51 LAGO Zwevegem 25/05/2026			PB (50m pool): 00:37.56 SB: 00:37.51 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:36.51	
		00:36.51	
			

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11-17			Heat:7, starttime: 10:01
Heat: 7/11 Lane : 3 Athlete: STROBBE MAJA			Q-time: 00:34:91
PB (25m pool): 00:34.91 Waregem 26/09/2026			PB (50m pool): 00:34.22 SB: 00:34.91 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:34.91	
		00:34.91	
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11-17			Heat:7, starttime: 10:01
Heat: 7/11 Lane : 7 Athlete: BULCKAEN JANNE			Q-time: 00:35:17
PB (25m pool): 00:35.17 Sint-Amandsberg 19/10/2025			PB (50m pool): 00:35.08 SB: 00:36.87 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:35.17	
		00:35.17	
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11-17			Heat:8, starttime: 10:02
Heat: 8/11 Lane : 5 Athlete: DIERICKX MAREN			Q-time: 00:33:35
PB (25m pool): 00:33.35 Waregem 26/09/2026			PB (50m pool): 00:35.29 SB: 00:33.35 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:33.35	
		00:33.35	
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11-17			Heat:9, starttime: 10:14
Heat: 9/11 Lane : 2 Athlete: NIEMEGEERTS IVAN			Q-time: 00:28:99
PB (25m pool): 00:28.76 EEKLO 04/10/2026			PB (50m pool): 00:29.45 SB: 00:28.76 EEKLO 04/10/2026
	2 5 M	5 0 M	
PB		00:28.76	
		00:28.76	
			

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 11-17			Heat:11, starttime: 10:16
Heat: 11/11 Lane : 5 Athlete: VERHAMME MATTS			Q-time: 00:27:15
PB (25m pool): 00:27.15 Waregem 26/09/2026			PB (50m pool): 00:27.42 SB: 00:27.15 Waregem 26/09/2026
	2 5 M	5 0 M	
PB		00:27.15	
		00:27.15	
			

Coach feedback:

Event number: 7: 50M BACKSTROKE WOMEN 11-17			Heat:11, starttime: 10:32
Heat: 11/11 Lane : 8 Athlete: CLAEYS ROMEE			Q-time: 00:34:56
PB (25m pool): 00:33.88 EEKLO 04/10/2026			PB (50m pool): 00:34.56 SB: 00:33.88 EEKLO 04/10/2026
	2 5 M	5 0 M	
PB		00:33.88	
		00:33.88	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 11-17			Heat:4, starttime: 10:38
Heat: 4/9 Lane : 8 Athlete: VERSCHELDE THIJS			Q-time: 00:40:08
PB (25m pool): 00:40.08 Dendermonde, 22/11/2025			PB (50m pool): 00:40.70 SB: no time
	2 5 M	5 0 M	
PB		00:40.08	
		00:40.08	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 11-17			Heat:5, starttime: 10:40
Heat: 5/9 Lane : 4 Athlete: HEMELSOEN AARYAN			Q-time: 00:35:97
PB (25m pool): no time			PB (50m pool): 00:35.97 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Memoreal Anteunis 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 8: 50M BACKSTROKE MEN 11-17							Heat:7, starttime: 10:43			
Heat: 7/9 Lane : 5 Athlete: COENE XANDER							Q-time: 00:28:81			
PB (25m pool): 00:27.88 EEKLO 04/10/2026				PB (50m pool): 00:28.41 SB: 00:27.88 EEKLO 04/10/2026						
	2 5 M		5 0 M							
PB			00:27.88							
	00:27.88									
										

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-17							Heat:2, starttime: 10:55	
Heat: 2/12 Lane : 9 Athlete: DE BAERE AUKE							Q-time: 99:99:99	
PB (25m pool): 06:47.17 Sint-Amandsberg 27/10/2024				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		00:42.57		01:32.13		02:24.52		03:16.80
	00:42.57		00:49.56		00:52.39		00:52.28	
								
	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		04:09.81		05:04.42		05:58.45		06:47.17
	00:53.01		00:54.61		00:54.03		00:48.72	
								

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-17							Heat:5, starttime: 11:16	
Heat: 5/12 Lane : 3 Athlete: VAN BUGGENHOUT AMBER							Q-time: 05:43:16	
PB (25m pool): 05:43.16 LAGO Zwevegem 25/05/2026				PB (50m pool): 08:23.84SB: 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		00:38.64		01:20.39		02:03.82		02:47.81
	00:38.64		00:41.75		00:43.43		00:43.99	
								
	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		03:31.67		04:15.99		04:59.86		05:43.16
	00:43.86		00:44.32		00:43.87		00:43.30	
								

Coach feedback:

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Event number: 9: 400M FREESTYLE WOMEN 11-17							Heat:5, starttime: 11:16	
Heat: 5/12 Lane : 9 Athlete: VANDENBUSSCHE LENA							Q-time: 05:50:79	
PB (25m pool): 05:50.79 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		00:39.43		01:23.26		02:08.09		02:53.28
	00:39.43		00:43.83		00:44.83		00:45.19	
	...	...	...	...	...	...	...	...
	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		03:38.70		04:23.87		05:09.27		05:50.79
	00:45.42		00:45.17		00:45.40		00:41.52	
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 9: 400M FREESTYLE WOMEN 11-17							Heat:8, starttime: 11:34	
Heat: 8/12 Lane : 9 Athlete: WILLAERT NAOMI							Q-time: 05:22:73	
PB (25m pool): 05:22.73 Eeklo 06/04/2026				PB (50m pool): 05:32.76SB: 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		01:16.40		no time		02:39.37
	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		05:22.73
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 10: 400M FREESTYLE MEN 11-17							Heat:2, starttime: 12:10	
Heat: 2/10 Lane : 2 Athlete: DE CONINCK MAXIME							Q-time: 06:35:55	
PB (25m pool): no time			PB (50m pool): 06:35.55 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
	...	...	...	...	...	...	...	...

Coach feedback:

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Event number: 10: 400M FREESTYLE MEN 11-17							Heat:5, starttime: 12:30	
Heat: 5/10 Lane : 7 Athlete: LONG XIANG							Q-time: 05:20:74	
PB (25m pool): 05:20.74 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		00:35.64		01:14.45		01:54.80		02:36.08
	00:35.64		00:38.81		00:40.35		00:41.28	
								
	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		03:17.68		03:59.66		04:41.19		05:20.74
	00:41.60		00:41.98		00:41.53		00:39.55	
								

Coach feedback: