

Memoreal Anteunis 26: Session: 3: 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: 19: 200M BREASTSTROKE WOMEN 11-17							Heat:1, starttime: 09:00	
Heat: 1/9 Lane : 3 Athlete: DE BAERE AUKE							Q-time: 99:99:99	
PB (25m pool): no time			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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 19: 200M BREASTSTROKE WOMEN 11-17							Heat:5, starttime: 09:17	
Heat: 5/9 Lane : 4 Athlete: CLAEYS ROMEE							Q-time: 03:17:71	
PB (25m pool): 03:16.23 Sint-Amandsberg 27/10/2024				PB (50m pool): 03:17.71 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		00:44.07		01:34.48		02:25.73		03:16.23
	00:44.07		00:50.41		00:51.25		00:50.50	
								

Coach feedback:

Event number: 19: 200M BREASTSTROKE WOMEN 11-17							Heat:5, starttime: 09:17	
Heat: 5/9 Lane : 6 Athlete: LAGA LORE							Q-time: 03:18:98	
PB (25m pool): 03:18.98 Eeklo 19/04/2026			PB (50m pool): 03:30.57 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		00:44.99		01:35.86		no time		03:18.98
	00:44.99		00:50.87					
								

Coach feedback:

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Event number: 19: 200M BREASTSTROKE WOMEN 11-17							Heat:6, starttime: 09:21	
Heat: 6/9 Lane : 2 Athlete: VAN BUGGENHOUT AMBER							Q-time: 03:15:16	
PB (25m pool): 03:15.16 Temse 21/12/2025				PB (50m pool): 03:18.83SB: 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		00:44.77		01:34.36		02:26.40		03:15.16
	00:44.77		00:49.59		00:52.04		00:48.76	
								

Coach feedback:

Event number: 19: 200M BREASTSTROKE WOMEN 11-17							Heat:6, starttime: 09:21	
Heat: 6/9 Lane : 7 Athlete: DIERICKX MAREN							Q-time: 03:15:21	
PB (25m pool): 03:15.21 Eeklo 19/04/2026				PB (50m pool): 03:19.54SB: 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		00:44.77		01:36.61		no time		03:15.21
	00:44.77		00:51.84					
								

Coach feedback:

Event number: 19: 200M BREASTSTROKE WOMEN 11-17							Heat:7, starttime: 09:24	
Heat: 7/9 Lane : 3 Athlete: BULCKAEN JANNE							Q-time: 03:05:89	
PB (25m pool): 03:05.89 Sint-Amandsberg 19/10/2025				PB (50m pool): 03:12.69SB: 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		00:40.95		01:27.22		02:16.28		03:05.89
	00:40.95		00:46.27		00:49.06		00:49.61	
								

Coach feedback:

Event number: 19: 200M BREASTSTROKE WOMEN 11-17							Heat:7, starttime: 09:24	
Heat: 7/9 Lane : 8 Athlete: VANDENBUSSCHE LENA							Q-time: 03:09:48	
PB (25m pool): 03:09.48 LAGO Zwevegem 25/05/2026				PB (50m pool): 03:11.87 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		00:43.73		01:32.22		02:21.56		03:09.48
	00:43.73		00:48.49		00:49.34		00:47.92	
								

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:5, starttime: 09:53	
Heat: 5/9 Lane : 6 Athlete: LONG XIANG							Q-time: 03:08:14	
PB (25m pool): 03:08.14 Eeklo 19/04/2026				PB (50m pool): 03:13.09SB: 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		00:42.81		01:30.32		no time		03:08.14
	00:42.81		00:47.51					
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:6, starttime: 09:57	
Heat: 6/9 Lane : 0 Athlete: HEMELSOEN AARYAN							Q-time: 03:03:52	
PB (25m pool): 03:03.52 Eeklo 19/04/2026				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		00:38.62		01:25.17		no time		03:03.52
	00:38.62		00:46.55					
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:8, starttime: 10:03	
Heat: 8/9 Lane : 5 Athlete: NIEMEGEERTS IVAN							Q-time: 02:45:19	
PB (25m pool): 02:41.10 EEKLO 04/10/2026				PB (50m pool): 02:51.87 SB: 02:41.10 EEKLO 04/10/2026				
	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		00:37.24		01:18.56		no time		02:41.10
	00:37.24		00:41.32					
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:9, starttime: 10:07	
Heat: 9/9 Lane : 1 Athlete: VERHAMME MATTS							Q-time: 02:43:12	
PB (25m pool): 02:43.12 Eeklo 19/04/2026				PB (50m pool): 02:51.72 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		00:37.05		01:19.01		no time		02:43.12
	00:37.05		00:41.96					
								

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:9, starttime: 10:07	
Heat: 9/9 Lane : 3 Athlete: COENE XANDER							Q-time: 02:36:85	
PB (25m pool): 02:36.85 Eeklo 06/04/2026				PB (50m pool): 02:46.74SB: 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		00:34.31		01:14.78		no time		02:36.85
	00:34.31		00:40.47					
								

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:5, starttime: 10:28	
Heat: 5/11 Lane : 6 Athlete: WILLAERT NAOMI							Q-time: 02:57:76	
PB (25m pool): 02:57.76 LAGO Zwevegem 25/05/2026				PB (50m pool): 03:01.68SB: 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		00:42.62		01:26.97		02:13.35		02:57.76
	00:42.62		00:44.35		00:46.38		00:44.41	
								

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:6, starttime: 10:32	
Heat: 6/11 Lane : 7 Athlete: STROBBE MAJA							Q-time: 02:52:20	
PB (25m pool): 02:52.20 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:54.50SB: 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		00:40.24		01:23.59		02:08.27		02:52.20
	00:40.24		00:43.35		00:44.68		00:43.93	
								

Coach feedback:

Event number: 22: 200M BACKSTROKE MEN 11-17							Heat:5, starttime: 11:09	
Heat: 5/8 Lane : 4 Athlete: VANMEIRHAEGHE KASPER							Q-time: 02:37:51	
PB (25m pool): 02:37.51 LAGO Zwevegem 25/05/2026				PB (50m pool): 02:45.49SB: 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		00:37.41		01:16.97		01:57.84		02:37.51
	00:37.41		00:39.56		00:40.87		00:39.67	
								

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:4, starttime: 11:48	
Heat: 4/19 Lane : 6 Athlete: VAN BUGGENHOUT AMBER							Q-time: 02:48:85	
PB (25m pool): 02:48.85 Dendermonde, 22/11/2025				PB (50m pool): 02:53.18 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		00:39.31		01:22.51		no time		02:48.85
	00:39.31		00:43.20					
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:5, starttime: 11:52	
Heat: 5/19 Lane : 8 Athlete: VANDENBUSSCHE LENA							Q-time: 02:47:71	
PB (25m pool): 02:52.94 Eeklo 06/04/2026				PB (50m pool): 02:47.71SB: 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		00:39.26		01:23.79		no time		02:52.94
	00:39.26		00:44.53					
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:7, starttime: 11:58	
Heat: 7/19 Lane : 5 Athlete: WILLAERT NAOMI							Q-time: 02:39:70	
PB (25m pool): 02:39.70 T ROSCO 12/10/2025				PB (50m pool): 02:51.08SB: 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		00:36.56		01:16.94		01:58.66		02:39.70
	00:36.56		00:40.38		00:41.72		00:41.04	
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:8, starttime: 12:01	
Heat: 8/19 Lane : 3 Athlete: DE BAERE AUKE							Q-time: 02:38:02	
PB (25m pool): 02:43.82 Eeklo 06/04/2026				PB (50m pool): 02:38.02 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		00:36.24		01:17.67		no time		02:43.82
	00:36.24		00:41.43					
								

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:8, starttime: 12:01	
Heat: 8/19 Lane : 5 Athlete: LAGA LORE							Q-time: 02:37:52	
PB (25m pool): 02:37.52 Eeklo 06/04/2026				PB (50m pool): 02:40.41SB: 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		00:36.54		01:16.86		no time		02:37.52
	00:36.54		00:40.32					
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:10, starttime: 12:07	
Heat: 10/19 Lane : 3 Athlete: DIERICKX MAREN							Q-time: 02:31:44	
PB (25m pool): 02:31.44 Eeklo 06/04/2026				PB (50m pool): 02:35.22 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		00:35.13		01:15.27		no time		02:31.44
	00:35.13		00:40.14					
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:11, starttime: 12:10	
Heat: 11/19 Lane : 2 Athlete: BULCKAEN JANNE							Q-time: 02:29:67	
PB (25m pool): 02:29.67 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:30.70SB: 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		00:33.29		01:10.82		01:50.16		02:29.67
	00:33.29		00:37.53		00:39.34		00:39.51	
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:13, starttime: 12:16	
Heat: 13/19 Lane : 5 Athlete: STROBBE MAJA							Q-time: 02:24:44	
PB (25m pool): 02:24.44 Eeklo 21/04/2025				PB (50m pool): 02:27.54SB: 02:27.30 EEKLO 04/10/2026				
	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:

Memoreal Anteunis 26: Session: 3: COACH evaluation sheet for TEAM: SOS

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:16, starttime: 12:24	
Heat: 16/19 Lane : 3 Athlete: CLAEYS ROMEE							Q-time: 02:19:12	
PB (25m pool): 02:18.63 EEKLO 04/10/2026				PB (50m pool): 02:21.13SB: 02:18.63 EEKLO 04/10/2026				
	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		00:31.61		01:06.03		no time		02:18.63
	00:31.61		00:34.42					
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:6, starttime: 12:52	
Heat: 6/16 Lane : 7 Athlete: LONG XIANG							Q-time: 02:29:99	
PB (25m pool): 02:29.99 Eeklo 06/04/2026				PB (50m pool): 02:34.35SB: 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		00:33.89		01:11.84		no time		02:29.99
	00:33.89		00:37.95					
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:7, starttime: 12:55	
Heat: 7/16 Lane : 5 Athlete: HEMELSOEN AARYAN							Q-time: 02:24:42	
PB (25m pool): no time			PB (50m pool): 02:24.42SB: 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:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:9, starttime: 13:01	
Heat: 9/16 Lane : 2 Athlete: VANMEIRHAEGHE KASPER							Q-time: 02:20:16	
PB (25m pool): 02:15.72 EEKLO 04/10/2026				PB (50m pool): 02:20.16SB: 02:15.72 EEKLO 04/10/2026				
	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		00:30.83		01:05.65		no time		02:15.72
	00:30.83		00:34.82					
								

Coach feedback:

Memoreal Anteunis 26: Session: 3: COACH evaluation sheet for TEAM: SOS

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:13, starttime: 13:12	
Heat: 13/16 Lane : 5 Athlete: NIEMEGEERTS IVAN							Q-time: 02:09:98	
PB (25m pool): 02:11.20 Eeklo 06/04/2026				PB (50m pool): 02:09.98SB: 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		00:29.52		01:02.00		no time		02:11.20
	00:29.52		00:32.48					
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:16, starttime: 13:20	
Heat: 16/16 Lane : 1 Athlete: VERHAMME MATTS							Q-time: 02:02:60	
PB (25m pool): 01:59.65 EEKLO 04/10/2026				PB (50m pool): 02:02.60SB: 01:59.65 EEKLO 04/10/2026				
	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		00:28.13		00:58.86		no time		01:59.65
	00:28.13		00:30.73					
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:16, starttime: 13:20	
Heat: 16/16 Lane : 7 Athlete: COENE XANDER							Q-time: 02:02:05	
PB (25m pool): 02:00.75 EEKLO 04/10/2026			PB (50m pool): 02:06.05SB: 02:00.75 EEKLO 04/10/2026					
	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		00:27.47		00:57.94		no time		02:00.75
	00:27.47		00:30.47					
								

Coach feedback: