Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van de Capelle Elke HEADCOACH

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

Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:1, starttime: 14:00

Heat: 1/3 Lane : 1 Athlete: NG DE GROOTE ZURI — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:1, starttime: 14:00

Heat: 1/3 Lane : 3 Athlete: WILLAERT HELENA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:2, starttime: 14:05

Heat: 2/3 Lane : 2 Athlete: VAN BUGGENHOUT MARIT — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:2, starttime: 14:05

Heat: 2/3 Lane : 6 Athlete: CLAEYS SEBA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 1: 200M MEDLEY MIXED 10-9 — Heat:3, starttime: 14:10

Heat: 3/3 Lane : 6 Athlete: WYTINCK NORA — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ — Heat:5, starttime: 14:15

Heat: 5/13 Lane : 1 Athlete: DE BAERE AUKE — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	
PB		no time	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ — Heat:7, starttime: 14:20

Heat: 7/13 Lane : 2 Athlete: VANDENBUSSCHE LENA — **Q-time: 00:44:17**

PB (25m pool): 00:44.17 Dendermonde. 22/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	
PB		00:44.17	
	00:44.17		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:7, starttime: 14:20

Heat: 7/13 Lane : 3 Athlete: LAGA LORE **Q-time: 00:43:29**

PB (25m pool): 00:43.29 Dendermonde. 22/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:43.29	
	00:43.29		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:8, starttime: 14:20

Heat: 8/13 Lane : 5 Athlete: VAN BUGGENHOUT AMBER **Q-time: 00:42:49**

PB (25m pool): 00:42.69 Dendermonde. 22/11/2025 **PB (50m pool):** 00:42.74 **SB:** no time

	25 M	50 M	
PB		00:42.69	
	00:42.69		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:9, starttime: 14:20

Heat: 9/13 Lane : 6 Athlete: MORTIER ALIX **Q-time: 00:42:03**

PB (25m pool): 00:42.03 Gent 23/02/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:42.03	
	00:42.03		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 50M BACKSTROKE WOMEN 11+ Heat:10, starttime: 14:20

Heat: 10/13 Lane : 6 Athlete: WILLAERT NAOMI **Q-time: 00:40:26**

PB (25m pool): 00:40.26 Dendermonde. 22/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:40.26	
	00:40.26		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 3: 50M BACKSTROKE MEN 11+ Heat:3, starttime: 14:30

Heat: 3/11 Lane : 1 Athlete: DE CONINCK MAXIME **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		no time	
		no time	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ Heat:8, starttime: 14:35

Heat: 8/11 Lane : 5 Athlete: VERSCHELDE THIJS **Q-time: 00:37:43**

PB (25m pool): 00:37.43 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:40.70 **SB:** 00:37.43 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:37.43	
		00:37.43	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ Heat:9, starttime: 14:35

Heat: 9/11 Lane : 1 Athlete: VANMEIRHAEGHE KASPER **Q-time: 00:35:86**

PB (25m pool): 00:37.05 Temse 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	
PB		00:37.05	
		00:37.05	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+ Heat:10, starttime: 14:35

Heat: 10/11 Lane : 3 Athlete: HEMELSOEN AARYAN **Q-time: 00:33:13**

PB (25m pool): 00:33.13 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:35.97 **SB:** 00:33.13 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:33.13	
		00:33.13	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:2, starttime: 14:40

Heat: 2/14 Lane : 5 Athlete: HAYAN ALICIA **Q-time: 01:26:83**

PB (25m pool): 01:26.83 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 01:26.83 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:39.44		01:26.83	
		00:39.44		*00:47.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:5, starttime: 14:45

Heat: 5/14 Lane : 4 Athlete: CONRADIE BEAH **Q-time: 01:19:28**

PB (25m pool): 01:19.07 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:19.98 **SB:** 01:19.07 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.72		01:19.07	
		00:36.72		*00:42.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:6, starttime: 14:45

Heat: 6/14 Lane : 2 Athlete: VANDENBUSSCHE LENA **Q-time: 01:16:93**

PB (25m pool): 01:16.93 Eeklo 19/04/2026 **PB (50m pool):** 01:18.17 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.87		01:16.93	
		00:36.87		*00:40.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:7, starttime: 14:50

Heat: 7/14 Lane : 1 Athlete: VAN BUGGENHOUT AMBER **Q-time: 01:15:98**

PB (25m pool): 01:15.98 Temse 21/12/2025 **PB (50m pool):** 01:19.02 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:36.44		01:15.98	
		00:36.44		*00:39.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:9, starttime: 14:50

Heat: 9/14 Lane : 1 Athlete: DE BAERE AUKE — **Q-time: 01:12:17**

PB (25m pool): 01:12.17 EEKLO 04/10/2026 — **PB (50m pool):** 01:12.66 **SB:** 01:12.17 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.00		01:12.17	
		00:34.00		*00:38.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:9, starttime: 14:50

Heat: 9/14 Lane : 5 Athlete: WILLAERT NAOMI — **Q-time: 01:12:08**

PB (25m pool): 01:12.08 Sint-Amandsberg 18/10/2026 — **PB (50m pool):** 01:13.64 **SB:** 01:12.08 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.77		01:12.08	
		00:34.77		*00:37.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:10, starttime: 14:55

Heat: 10/14 Lane : 1 Athlete: MORTIER ALIX — **Q-time: 01:11:34**

PB (25m pool): 01:11.34 Sint-Amandsberg 18/10/2026 — **PB (50m pool):** 01:13.62 **SB:** 01:11.34 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.52		01:11.34	
		00:34.52		*00:36.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ — Heat:11, starttime: 14:55

Heat: 11/14 Lane : 3 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:** 01:10.49 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.11		01:09.20	
		00:33.11		*00:36.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 5: 100M FREESTYLE MEN 11+ **Heat:1, starttime: 15:00**

Heat: 1/12 Lane : 1 Athlete: PIETERS FINN **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ **Heat:1, starttime: 15:00**

Heat: 1/12 Lane : 3 Athlete: DIERICKX DAAN **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ **Heat:2, starttime: 15:05**

Heat: 2/12 Lane : 2 Athlete: VAN IMPE LEON **Q-time: 01:34:12**

PB (25m pool): 01:34.12 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 01:34.12 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:40.93		01:34.12	
	00:40.93		*00:53.19*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ **Heat:3, starttime: 15:05**

Heat: 3/12 Lane : 1 Athlete: RUYFFELAERT JUNO **Q-time: 01:26:89**

PB (25m pool): 01:26.89 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 01:26.89 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.02		01:26.89	
	00:41.02		*00:45.87*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 15:05

Heat: 3/12 Lane : 3 Athlete: PIETERS MAURO — **Q-time: 01:21:65**

PB (25m pool): 01:21.65 EEKLO 04/10/2026 **PB (50m pool):** 01:24.77 **SB:** 01:21.65 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:37.80		01:21.65	
		00:37.80		*00:43.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:3, starttime: 15:05

Heat: 3/12 Lane : 6 Athlete: BULCKAEN TUUR — **Q-time: 01:31:37**

PB (25m pool): 01:31.37 Eeklo 19/04/2026 **PB (50m pool):** no time **SB:** 01:33.11 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:42.73		01:31.37	
		00:42.73		*00:48.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:5, starttime: 15:10

Heat: 5/12 Lane : 2 Athlete: DE CONINCK MAXIME — **Q-time: 01:16:40**

PB (25m pool): 01:16.40 EEKLO 04/10/2026 **PB (50m pool):** 01:20.22 **SB:** 01:16.40 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.60		01:16.40	
		00:36.60		*00:39.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:9, starttime: 15:15

Heat: 9/12 Lane : 5 Athlete: VERSCHELDE THIJS — **Q-time: 01:06:45**

PB (25m pool): 01:06.37 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:08.17 **SB:** 01:06.37 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.96		01:06.37	
		00:31.96		*00:34.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:10, starttime: 15:15

Heat: 10/12 Lane : 3 Athlete: VANMEIRHAEGHE KASPER — **Q-time: 01:03:10**

PB (25m pool): 01:03.10 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:05.24 **SB:** 01:03.10 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.35		01:03.10	
		00:30.35		*00:32.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ — Heat:11, starttime: 15:20

Heat: 11/12 Lane : 3 Athlete: HEMELSOEN AARYAN — **Q-time: 01:00:65**

PB (25m pool): 01:00.65 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:01.17 **SB:** 01:00.65 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.20		01:00.65	
		00:29.20		*00:31.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 4x50M FREESTYLE WOMEN 11+ — Heat:2, starttime: 15:25

Heat: 2/3 Lane : 3 Athlete: TEAM SOS 1 — **Q-time: 02:12:77**

PB (25m pool): **PB (50m pool):** **SB:**

	25 M	50 M	75 M	100	125	150	175	200 M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 11-12 — Heat:1, starttime: 15:35

Heat: 1/4 Lane : 2 Athlete: VAN IMPE LEON — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225 M	**250 M**	**275 M**	**300**	**325**	**350**	**375**	**400 M**
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 7: 400M FREESTYLE MEN 11-12 **Heat:1, starttime: 15:35**

Heat: 1/4 Lane : 3 Athlete: PIETERS FINN **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 11-12 **Heat:1, starttime: 15:35**

Heat: 1/4 Lane : 4 Athlete: RUYFFELAERT JUNO **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 11-12 **Heat:2, starttime: 15:40**

Heat: 2/4 Lane : 2 Athlete: DIERICKX DAAN **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 7: 400M FREESTYLE MEN 11-12 — Heat:2, starttime: 15:40

Heat: 2/4 Lane : 5 Athlete: BULCKAEN TUUR — **Q-time: 99:99:99**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 11-12 — Heat:3, starttime: 15:50

Heat: 3/4 Lane : 3 Athlete: PIETERS MAURO — **Q-time: 06:21:65**

PB (25m pool): 06:21.65 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 06:41.63 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:41.52		01:28.34		02:16.96		03:06.36
		00:41.52		*00:46.82*		*00:48.62*		*00:49.40*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		03:56.31		04:45.53		05:35.58		06:21.65
		00:49.95		*00:49.22*		*00:50.05*		*00:46.07*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 11-12 — Heat:4, starttime: 15:55

Heat: 4/4 Lane : 4 Athlete: DE CONINCK MAXIME — **Q-time: 05:40:26**

PB (25m pool): 05:40.26 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 06:35.55 **SB:** 05:40.26 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:39.88		01:23.90		02:07.74		02:51.69
		00:39.88		*00:44.02*		*00:43.84*		*00:43.95*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		03:35.39		04:18.34		05:00.41		05:40.26
		00:43.70		*00:42.95*		*00:42.07*		*00:39.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 8: 400M FREESTYLE WOMEN 11-12 — Heat:1, starttime: 16:05

Heat: 1/2 Lane : 2 Athlete: HAYAN ALICIA — **Q-time: 99:99:99**

PB (25m pool): no time — **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 400M FREESTYLE WOMEN 11-12 — Heat:1, starttime: 16:05

Heat: 1/2 Lane : 3 Athlete: CONRADIE BEAH — **Q-time: 99:99:99**

PB (25m pool): no time — **PB (50m pool):** 06:15.25 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:6, starttime: 16:40

Heat: 6/13 Lane : 4 Athlete: DE CONINCK MAXIME — **Q-time: 03:05:79**

PB (25m pool): 03:05.79 EEKLO 04/10/2026 — **PB (50m pool):** 03:24.40 **SB:** 03:05.79 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:43.19		no time		no time		03:05.79
	00:43.19							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 9: 200M MEDLEY MEN 11+ — Heat:9, starttime: 16:50

Heat: 9/13 Lane : 6 Athlete: VERSCHELDE THIJS — **Q-time: 02:48:87**

PB (25m pool): 02:48.87 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 02:58.71 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:36.36		01:19.39		02:11.19		02:48.87
		00:36.36		*00:43.03*		*00:51.80*		*00:37.68*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 200M MEDLEY MEN 11+ — Heat:10, starttime: 16:55

Heat: 10/13 Lane : 1 Athlete: VANMEIRHAEGHE KASPER — **Q-time: 02:44:08**

PB (25m pool): 02:44.08 Durmehal 28/02/2026 **PB (50m pool):** 02:49.45 **SB:** 02:46.49 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
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: 9: 200M MEDLEY MEN 11+ — Heat:10, starttime: 16:55

Heat: 10/13 Lane : 5 Athlete: HEMELSOEN AARYAN — **Q-time: 02:42:90**

PB (25m pool): 02:42.90 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 02:42.90 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.26		no time		no time		02:42.90
		00:31.26						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:10, starttime: 17:40

Heat: 10/17 Lane : 4 Athlete: VANDENBUSSCHE LENA — **Q-time: 03:08:99**

PB (25m pool): 03:08.99 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 03:20.64 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:46.15		01:36.16		02:27.40		03:08.99
		00:46.15		*00:50.01*		*00:51.24*		*00:41.59*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:12, starttime: 17:50

Heat: 12/17 Lane : 3 Athlete: MORTIER ALIX — **Q-time: 02:59:69**

PB (25m pool): 02:59.69 Eeklo 06/04/2026 — **PB (50m pool):** 03:03.49 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:43.37		no time		no time		02:59.69
		00:43.37						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:12, starttime: 17:50

Heat: 12/17 Lane : 4 Athlete: WILLAERT NAOMI — **Q-time: 03:00:00**

PB (25m pool): 03:00.00 Sint-Amandsberg 18/10/2026 — **PB (50m pool):** 03:15.62 **SB:** 03:00.00 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:40.27		01:24.38		02:19.15		03:00.00
		00:40.27		*00:44.11*		*00:54.77*		*00:40.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:12, starttime: 17:50

Heat: 12/17 Lane : 5 Athlete: VAN BUGGENHOUT AMBER — **Q-time: 03:00:30**

PB (25m pool): 03:00.30 EEKLO 04/10/2026 — **PB (50m pool):** 03:11.45 **SB:** 03:00.30 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:41.66		no time		no time		03:00.30
		00:41.66						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:13, starttime: 17:50

Heat: 13/17 Lane : 1 Athlete: LAGA LORE — **Q-time: 02:58:26**

PB (25m pool): 02:58.26 Temse 31/05/2026 — **PB (50m pool):** 03:06.83 **SB:** 02:58.97 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:38.32		01:26.07		02:17.82		02:58.26
		00:38.32		*00:47.75*		*00:51.75*		*00:40.44*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Regiocrit. OVL Dag2: Session: 1: COACH evaluation sheet for TEAM: SOS

Event number: 10: 200M MEDLEY WOMEN 11+ — Heat:13, starttime: 17:50

Heat: 13/17 Lane : 4 Athlete: DE BAERE AUKE — **Q-time: 02:57:39**

PB (25m pool): 02:57.39 EEKLO 04/10/2026 **PB (50m pool):** 03:04.90 **SB:** 02:57.39 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.48		no time		no time		02:57.39
		00:37.48						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 4x50M FREESTYLE MEN 11+ — Heat:1, starttime: 18:10

Heat: 1/2 Lane : 6 Athlete: TEAM SOS 1 — **Q-time: 02:29:69**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: