

VJK KB Diksmuide 26: Session: 1: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 07:30 untill 08:45. Teamleadmeeting @ 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: 3: 200M MEDLEY MEN 15-16							Heat:2, starttime: 09:25	
Heat: 2/5 Lane : 6 Athlete: NIEMEGEERTS IVAN							Q-time: 02:25:54	
PB (25m pool): 02:25.54 EEKLO 04/10/2026				PB (50m pool): 02:29.33SB: 02:25.54 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		00:30.73		no time		no time		02:25.54
	00:30.73							
								

Coach feedback:

Event number: 6: 50M BACKSTROKE WOMEN 13-14							Heat:3, starttime: 09:59		
Heat: 3/4 Lane : 8 Athlete: CLAEYS ROMEE							Q-time: 00:33:88		
PB (25m pool): 00:33.32 Sint-Amandsberg 18/10/2026				PB (50m pool): 00:34.56SB: 00:33.32 Sint-Amandsberg 18/10/2026					
	2 5 M		5 0 M						
PB			00:33.32						
	00:33.32								
									

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16							Heat:2, starttime: 10:04	
Heat: 2/4 Lane : 4 Athlete: COENE XANDER						Q-time: 00:59:16		
PB (25m pool): 00:59.78 EEKLO 04/10/2026				PB (50m pool): 00:59.16SB: 00:59.78 EEKLO 04/10/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:27.75		00:59.78				
	00:27.75		00:32.03					
								

Coach feedback:

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Event number: 7: 100M BUTTERFLY MEN 15-16					Heat:3, starttime: 10:06
Heat: 3/4 Lane : 8 Athlete: NIEMEGEREETS IVAN					Q-time: 01:05:37
PB (25m pool): 01:05.37 EEKLO 04/10/2026					PB (50m pool): 01:06.15 SB: 01:05.37 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.43		01:05.37	
	00:30.43		00:34.94		
					

Coach feedback:

Event number: 7: 100M BUTTERFLY MEN 15-16					Heat:4, starttime: 10:07
Heat: 4/4 Lane : 3 Athlete: VERHAMME MATTS					Q-time: 01:00:63
PB (25m pool): 01:00.55 Sint-Amandsberg 18/10/2026					PB (50m pool): 01:01.05 SB: 01:00.55 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.97		01:00.55	
	00:28.97		00:31.58		
					

Coach feedback:

Event number: 10: 400M FREESTYLE WOMEN 13-14					Heat:4, starttime: 10:57			
Heat: 4/4 Lane : 2 Athlete: CLAEYS ROMEE					Q-time: 04:46:12			
PB (25m pool): 04:46.12 EEKLO 04/10/2026					PB (50m pool): 04:58.66 SB: 04:46.12 EEKLO 04/10/2026			
	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		01:09.07		no time		02:22.34
	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		04:46.12
								

Coach feedback: