

VJK KB Diksmuide 26: Session: 2: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 13:15 untill 14:15. 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: 14: 100M BACKSTROKE WOMEN 13-14					Heat:6, starttime: 14:55
Heat: 6/6 Lane : 1 Athlete: CLAEYS ROMEE					Q-time: 01:12:38
PB (25m pool): 01:12.38 EEKLO 04/10/2026					PB (50m pool): 01:14.11 SB: 01:12.38 EEKLO 04/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.53		01:12.38	
		00:34.53		00:37.85	
					

Coach feedback:

Event number: 15: 50M BACKSTROKE MEN 15-16					Heat:2, starttime: 14:59
Heat: 2/4 Lane : 4 Athlete: COENE XANDER					Q-time: 00:27:88
PB (25m pool): 00:27.30 Sint-Amandsberg 18/10/2026					PB (50m pool): 00:28.41 SB: 00:27.30 Sint-Amandsberg 18/10/2026
	2 5 M	5 0 M			
PB		00:27.30			
		00:27.30			
					

Coach feedback:

Event number: 19: 50M BREASTSTROKE MEN 15-16					Heat:1, starttime: 15:24
Heat: 1/3 Lane : 1 Athlete: NIEMEGEREETS IVAN					Q-time: 00:36:47
PB (25m pool): 00:40.96 Sinbad 06/10/2024					PB (50m pool): 00:36.47 SB: no time
	2 5 M	5 0 M			
PB		00:40.96			
		00:40.96			
					

Coach feedback:

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Event number: 22: 50M FREESTYLE WOMEN 13-14							Heat:5, starttime: 15:41		
Heat: 5/5 Lane : 8 Athlete: CLAEYS ROMEE							Q-time: 00:28:95		
PB (25m pool): 00:28.95 EEKLO 04/10/2026							PB (50m pool): 00:30.05 SB: 00:28.95 EEKLO 04/10/2026		
	2 5 M		5 0 M						
PB			00:28.95						
	00:28.95								
									

Coach feedback:

Event number: 23: 200M FREESTYLE MEN 15-16					Heat:1, starttime: 15:43			
Heat: 1/6 Lane : 5 Athlete: NIEMEGEERTS IVAN					Q-time: 02:09:98			
PB (25m pool): 02:06.76 Sint-Amandsberg 18/10/2026					PB (50m pool): 02:09.98 SB: 02:06.76 Sint-Amandsberg 18/10/2026			
	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		00:28.66		01:00.88		01:34.23		02:06.76
	00:28.66		00:32.22		00:33.35		00:32.53	
								

Coach feedback:

Event number: 23: 200M FREESTYLE MEN 15-16					Heat:6, starttime: 15:56			
Heat: 6/6 Lane : 8 Athlete: VERHAMME MATTS					Q-time: 01:59:65			
PB (25m pool): 01:57.54 Sint-Amandsberg 18/10/2026					PB (50m pool): 02:02.60 SB: 01:57.54 Sint-Amandsberg 18/10/2026			
	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		00:27.41		00:57.47		01:27.87		01:57.54
	00:27.41		00:30.06		00:30.40		00:29.67	
								

Coach feedback: