

VJK KB Diksmuide 26: Session: 6: 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: 65: 400M MEDLEY MEN 15-16							Heat:2, starttime: 14:36	
Heat: 2/2 Lane : 6 Athlete: VERHAMME MATTS							Q-time: 04:51:31	
PB (25m pool): 04:51.31 EEKLO 04/10/2026			PB (50m pool): 04:59.46SB: 04:51.31 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		01:05.75		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		04:51.31
								

Coach feedback:

Event number: 69: 50M BUTTERFLY MEN 15-16							Heat:2, starttime: 15:13		
Heat: 2/5 Lane : 4 Athlete: NIEMEGEERTS IVAN							Q-time: 00:28:76		
PB (25m pool): 00:28.31 Sint-Amandsberg 18/10/2026				PB (50m pool): 00:29.45SB: 00:28.31 Sint-Amandsberg 18/10/2026					
	2 5 M		5 0 M						
PB			00:28.31						
			00:28.31						
									

Coach feedback:

Event number: 69: 50M BUTTERFLY MEN 15-16							Heat:3, starttime: 15:14		
Heat: 3/5 Lane : 5 Athlete: COENE XANDER							Q-time: 00:26:50		
PB (25m pool): 00:26.50 EEKLO 04/10/2026				PB (50m pool): 00:26.50SB: 00:26.50 EEKLO 04/10/2026					
	2 5 M		5 0 M						
PB			00:26.50						
			00:26.50						
									

Coach feedback:

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Event number: 73: 100M FREESTYLE MEN 15-16					Heat:4, starttime: 15:44
Heat: 4/8 Lane : 8 Athlete: NIEMEGEREERTS IVAN					Q-time: 00:57:25
PB (25m pool): 00:56.90 Sint-Amansberg 18/10/2026					PB (50m pool): 00:58.20 SB: 00:56.90 Sint-Amansberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.45		00:56.90	
	00:27.45		00:29.45		
					

Coach feedback:

Event number: 73: 100M FREESTYLE MEN 15-16					Heat:8, starttime: 15:50
Heat: 8/8 Lane : 3 Athlete: VERHAMME MATTS					Q-time: 00:53:83
PB (25m pool): 00:53.69 Sint-Amansberg 18/10/2026					PB (50m pool): 00:55.35 SB: 00:53.69 Sint-Amansberg 18/10/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.21		00:53.69	
	00:26.21		00:27.48		
					

Coach feedback: