

CB-BK WE2 2026: Session: 3: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 07:00 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Buggenhout Koen

PB => Personal Best time

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

Event number: 20: 50M BACKSTROKE MEN 15+					Heat:9, starttime: 09:38				
Heat: 9/13 Lane : 6 Athlete: COENE XANDER					Q-time: 00:29:25				
PB (50m pool): 00:29.25 Sportoase De Watermolen 24/05/2026 PB (25m pool): 00:28.81 SB: 00:29.25 Sportoase De Watermolen 24/05/2026									
	5 0 M								
PB	00:29.25								
	00:29.25								
									

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+				Heat:5, starttime: 11:01	
Heat: 5/22 Lane : 2 Athlete: NIEMEGEERTS IVAN				Q-time: 00:58:22	
PB (50m pool): 00:58.22 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 00:58.81 SB: 00:58.22 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:28.16	00:58.22			
	00:28.16	00:30.06			
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+				Heat:10, starttime: 11:08	
Heat: 10/22 Lane : 1 Athlete: SCHAUBROECK YARNO				Q-time: 00:57:13	
PB (50m pool): 00:57.13 Sportoase De Watermolen 29/03/2026 PB (25m pool): 00:55.25 SB: 00:57.13 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M			
PB	00:27.71	00:57.13			
	00:27.71	00:29.42			
					

Coach feedback:

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Event number: 24: 100M FREESTYLE MEN 15+				Heat:13, starttime: 11:13	
Heat: 13/22 Lane : 3 Athlete: VAN OOST MARTIJN				Q-time: 00:56:24	
PB (50m pool): 00:56.24 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 00:54.86 SB: 00:56.24 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:27.18	00:56.24			
	00:27.18	00:29.06			
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 15+				Heat:14, starttime: 11:14	
Heat: 14/22 Lane : 5 Athlete: VERHAMME MATTS				Q-time: 00:56:03	
PB (50m pool): 00:56.03 Sportoase De Watermolen 24/05/2026 PB (25m pool): 00:53.83SB: 00:56.03 Sportoase De Watermolen 24/05/2026					
	5 0 M	1 0 0 M			
PB	00:27.64	00:56.03			
	00:27.64	00:28.39			
					

Coach feedback:

Event number: 26: 50M BREASTSTROKE MEN 15+							Heat:7, starttime: 11:54	
Heat: 7/12 Lane : 2 Athlete: COENE XANDER							Q-time: 00:32:29	
PB (50m pool): 00:32.29 Antwerpen 08/03/2026							PB (25m pool): 00:32.37 SB: 00:32.29 Antwerpen 08/03/2026	
	5 0 M							
PB	00:32.29							
	00:32.29							
								

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:7, starttime: 12:37	
Heat: 7/19 Lane : 2 Athlete: VERHAMME MATTS					Q-time: 02:26:05	
PB (50m pool): 02:26.05 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:16.05 SB: 02:26.05 Sportoase De Watermolen 29/03/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:29.75	01:09.11	01:54.42	02:26.05		
	00:29.75	00:39.36	00:45.31	00:31.63		
						

Coach feedback:

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Event number: 28: 200M MEDLEY MEN 15+					Heat:11, starttime: 12:49
Heat: 11/19 Lane : 8 Athlete: VAN OOST MARTIJN					Q-time: 02:23:21
PB (50m pool): 02:23.21 Sportoase De Watermolen 24/05/2026 PB (25m pool): 02:24.87 SB: 02:23.21 Sportoase De Watermolen 24/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.61	01:07.68	01:51.44	02:23.21	
	00:29.61	00:38.07	00:43.76	00:31.77	
					

Coach feedback:

Event number: 28: 200M MEDLEY MEN 15+					Heat:13, starttime: 12:54
Heat: 13/19 Lane : 7 Athlete: COENE XANDER					Q-time: 02:22:14
PB (50m pool): 02:22.14 Antwerpen 08/03/2026 PB (25m pool): 02:15.97 SB: 02:22.14 Antwerpen 08/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.19	01:07.07	01:48.63	02:22.14	
	00:29.19	00:37.88	00:41.56	00:33.51	
					

Coach feedback: