

CB-BK WE2 2026: Session: 5: 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: 37: 100M BACKSTROKE MEN 15+			Heat:11, starttime: 10:23
Heat: 11/13 Lane : 1 Athlete: COENE XANDER			Q-time: 01:01:88
PB (50m pool): 01:01.88 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:01.24 SB: 01:01.88 Lago Gent Rozebroeken 03/05/2026			
	5 0 M	1 0 0 M	
PB	00:30.53	01:01.88	
	00:30.53	00:31.35	
			

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:3, starttime: 11:14
Heat: 3/19 Lane : 5 Athlete: NIEMEGEERTS IVAN					Q-time: 02:09:98
PB (50m pool): 02:09.98 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:11.20 SB: 02:09.98 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.45	01:01.73	01:36.07	02:09.98	
	00:29.45	00:32.28	00:34.34	00:33.91	
					

Coach feedback:

Event number: 39: 200M FREESTYLE MEN 15+					Heat:9, starttime: 11:30
Heat: 9/19 Lane : 2 Athlete: VERHAMME MATTS					Q-time: 02:06:59
PB (50m pool): 02:06.59 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:04.03 SB: 02:06.59 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.61	01:02.73	01:36.14	02:06.59	
	00:29.61	00:33.12	00:33.41	00:30.45	
					

Coach feedback:

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Event number: 39: 200M FREESTYLE MEN 15+					Heat:10, starttime: 11:33
Heat: 10/19 Lane : 4 Athlete: VAN OOST MARTIJN					Q-time: 02:05:51
PB (50m pool): 02:05.51 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 02:01.28 SB: 02:05.51 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.40	00:59.77	01:32.97	02:05.51	
	00:28.40	00:31.37	00:33.20	00:32.54	
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:16, starttime: 12:27
Heat: 16/24 Lane : 7 Athlete: VERHAMME MATTS					Q-time: 00:27:55
PB (50m pool): 00:27.55 Sportoase De Watermolen 24/05/2026 PB (25m pool): no time SB: 00:27.55 Sportoase De Watermolen 24/05/2026					
	5 0 M				
PB	00:27.55				
	00:27.55				
					

Coach feedback:

Event number: 41: 50M BUTTERFLY MEN 15+					Heat:21, starttime: 12:32
Heat: 21/24 Lane : 6 Athlete: COENE XANDER					Q-time: 00:26:50
PB (50m pool): 00:26.50 Gent 08/02/2026 PB (25m pool): 00:29.16 SB: 00:26.50 Gent 08/02/2026					
	5 0 M				
PB	00:26.50				
	00:26.50				
					

Coach feedback: