Open Flanders SC: Session: 1: COACH Evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 08:30 untill 09:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Michielsen Matthias HEADCOACH

Coaches: Smets Mark

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

Event number: 5: 100M BREASTSTROKE MEN — Heat:2, starttime: 10:34

Heat: 2/5 Lane : 5 Athlete: VAN LOON WIES — **Q-time: 01:07:57**

PB (25m pool): 01:07.57 Arendonk 30/11/2025 **PB (50m pool):** 01:11.71 **SB:** 01:09.92 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.55		01:07.57	
	00:31.55		*00:36.02*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN — Heat:4, starttime: 11:15

Heat: 4/4 Lane : 7 Athlete: MICHIELSEN JINTHE — **Q-time: 00:30:72**

PB (25m pool): 00:30.72 Mol 04/10/2026 **PB (50m pool):** 00:31.80 **SB:** 00:30.72 Mol 04/10/2026

	25 M	50 M	
PB		00:30.72	
	00:30.72		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:1, starttime: 11:17

Heat: 1/6 Lane : 4 Athlete: VAN LOON WIES — **Q-time: 01:04:14**

PB (25m pool): 01:04.14 Kalmthout 08/02/2026 **PB (50m pool):** no time **SB:** 01:05.32 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:04.14	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: