Open Flanders SC: Session: 1: COACH evaluation sheet for TEAM: AZL

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

Coaches: Van den Broeck Els HEADCOACH

Coaches: Bijloos Annie

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 : 2 Athlete: VERHULST LENNERT — **Q-time: 01:08:87**

PB (25m pool): 01:08.87 TEMSE 18/05/2025 **PB (50m pool):** 01:11.08 **SB:** 01:08.95 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.48		01:08.87	
		00:32.48		*00:36.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:1, starttime: 11:05

Heat: 1/6 Lane : 7 Athlete: VERHULST LENNERT — **Q-time: 00:25:34**

PB (25m pool): 00:25.34 EEKLO 04/10/2026 **PB (50m pool):** 00:26.05 **SB:** 00:25.34 EEKLO 04/10/2026

	25 M	50 M	
PB		00:25.34	
		00:25.34	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/6 Lane : 6 Athlete: VERHULST LENNERT — **Q-time: 01:04:35**

PB (25m pool): 01:04.35 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:04.35 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:04.35	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: