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

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

Coaches: Hoffmann Serge HEADCOACH

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

Event number: 1: 100M BUTTERFLY MEN — Heat:1, starttime: 10:00

Heat: 1/5 Lane : 6 Athlete: DE KONING RUBEN — **Q-time: 01:01:75**

PB (25m pool): 01:00.88 Nijlen 18/10/2026 **PB (50m pool):** 01:03.49 **SB:** 01:00.88 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.03		01:00.88	
		00:28.03		*00:32.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN — Heat:2, starttime: 10:02

Heat: 2/5 Lane : 8 Athlete: VAN BRUSSEL DYLANO — **Q-time: 01:00:90**

PB (25m pool): 01:00.90 Mol 04/10/2026 **PB (50m pool):** 01:00.81 **SB:** 01:00.90 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.16		01:00.90	
		00:28.16		*00:32.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN — Heat:3, starttime: 10:03

Heat: 3/5 Lane : 1 Athlete: SZABO PETER — **Q-time: 00:58:24**

PB (25m pool): 00:57.75 Mol 04/10/2026 **PB (50m pool):** 00:56.55 **SB:** 00:57.75 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.95		00:57.75	
		00:26.95		*00:30.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 1: 100M BUTTERFLY MEN — Heat:3, starttime: 10:03

Heat: 3/5 Lane : 6 Athlete: KINDT LEVI — **Q-time: 00:56:51**

PB (25m pool): 00:56.51 Mol 04/10/2026 **PB (50m pool):** 00:57.90 **SB:** 00:56.51 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.23		00:56.51	
		00:26.23		*00:30.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN — Heat:4, starttime: 10:05

Heat: 4/5 Lane : 4 Athlete: VAN HOOYDONCK VINCENT — **Q-time: 00:53:12**

PB (25m pool): 00:53.12 Gent 09/11/2025 **PB (50m pool):** 00:54.18 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:24.95		00:53.12	
		00:24.95		*00:28.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN — Heat:2, starttime: 10:10

Heat: 2/3 Lane : 3 Athlete: BROECKAERT NOA — **Q-time: 01:04:94**

PB (25m pool): 01:04.94 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:05.57 **SB:** 01:06.40 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.39		01:04.94	
		00:30.39		*00:34.55*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN — Heat:2, starttime: 10:10

Heat: 2/3 Lane : 6 Athlete: METZEMAKERS LéA — **Q-time: 01:06:14**

PB (25m pool): 01:07.55 Kapellen 02/06/2024 **PB (50m pool):** 01:04.00 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:07.55	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 2: 100M BUTTERFLY WOMEN — Heat:3, starttime: 10:11

Heat: 3/3 Lane : 6 Athlete: GENBRUGGE ÉLéA — **Q-time: 01:05:93**

PB (25m pool): 01:05.93 Mol 04/10/2026 **PB (50m pool):** 01:07.88 **SB:** 01:05.93 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.88		01:05.93	
		00:29.88		*00:36.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN — Heat:2, starttime: 10:17

Heat: 2/2 Lane : 3 Athlete: GORIS RUBEN — **Q-time: 02:06:63**

PB (25m pool): 02:06.63 Mol 04/10/2026 **PB (50m pool):** 02:11.87 **SB:** 02:06.63 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.95		01:02.52		01:34.98		02:06.63
		00:29.95		*00:32.57*		*00:32.46*		*00:31.65*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN — Heat:2, starttime: 10:17

Heat: 2/2 Lane : 5 Athlete: LAVDANITI ZHULIAN XHOI — **Q-time: 02:02:51**

PB (25m pool): 02:02.57 Gent 09/11/2025 **PB (50m pool):** 02:06.23 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.98		00:58.06		01:29.74		02:02.57
		00:27.98		*00:30.08*		*00:31.68*		*00:32.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN — Heat:3, starttime: 10:36

Heat: 3/5 Lane : 6 Athlete: VERVLOET RUWEN — **Q-time: 01:04:39**

PB (25m pool): 01:04.39 Eeklo 06/04/2026 **PB (50m pool):** 01:07.02 **SB:** 01:05.38 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.15		01:04.39	
		00:29.15		*00:35.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 5: 100M BREASTSTROKE MEN — Heat:4, starttime: 10:37

Heat: 4/5 Lane : 6 Athlete: DESPALLIER DAAN — **Q-time: 01:04:10**

PB (25m pool): 01:04.10 Gent 09/11/2025 **PB (50m pool):** 01:04.88 **SB:** 01:05.14 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.21		01:04.10	
		00:30.21		*00:33.89*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN — Heat:5, starttime: 10:39

Heat: 5/5 Lane : 6 Athlete: METZEMAKERS NOA — **Q-time: 01:03:62**

PB (25m pool): 01:03.62 Mol 04/10/2026 **PB (50m pool):** 01:04.96 **SB:** 01:03.62 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.02		01:03.62	
		00:30.02		*00:33.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:4, starttime: 10:44

Heat: 4/4 Lane : 1 Athlete: STREEP FLO — **Q-time: 00:35:47**

PB (25m pool): 00:35.47 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:35.71 **SB:** 00:36.05 Mol 04/10/2026

	25 M	50 M	
PB		00:35.47	
		00:35.47	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 400M FREESTYLE MEN — Heat:2, starttime: 10:51

Heat: 2/2 Lane : 3 Athlete: KINDT LEVI — **Q-time: 03:58:07**

PB (25m pool): 03:58.07 Gent 09/11/2025 **PB (50m pool):** 04:05.47 **SB:** 04:02.87 Mol 04/10/2026

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:25.99		00:56.22		01:26.65		01:56.83
		00:25.99		*00:30.23*		*00:30.43*		*00:30.18*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225 M	**250 M**	**275 M**	**300**	**325**	**350**	**375**	**400 M**
PB		02:27.26		02:58.12		03:28.73		03:58.07
		00:30.43		*00:30.86*		*00:30.61*		*00:29.34*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

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

Event number: 8: 200M FREESTYLE WOMEN — Heat:1, starttime: 10:56

Heat: 1/3 Lane : 6 Athlete: VAN DEN WYNGAERT ELIZABETH — **Q-time: 02:06:11**

PB (25m pool): 02:06.11 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 02:07.99 **SB:** 02:09.09 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:29.50		01:01.26		01:33.61		02:06.11
		00:29.50		*00:31.76*		*00:32.35*		*00:32.50*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN — Heat:3, starttime: 11:01

Heat: 3/3 Lane : 3 Athlete: RAVELINGIEN LANA — **Q-time: 02:00:44**

PB (25m pool): 02:00.44 Gent 09/11/2025 **PB (50m pool):** 02:01.74 **SB:** 02:05.13 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:27.94		00:58.28		01:29.44		02:00.44
		00:27.94		*00:30.34*		*00:31.16*		*00:31.00*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN — Heat:3, starttime: 11:01

Heat: 3/3 Lane : 6 Athlete: METZEMAKERS LéA — **Q-time: 02:04:56**

PB (25m pool): 02:02.18 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 02:05.01 **SB:** 02:05.68 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:29.05		01:00.03		01:31.81		02:02.18
		00:29.05		*00:30.98*		*00:31.78*		*00:30.37*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN — Heat:3, starttime: 11:01

Heat: 3/3 Lane : 7 Athlete: SPRANGERS KATO — **Q-time: 02:11:11**

PB (25m pool): 02:11.11 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:17.74 **SB:** 02:14.06 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.80		01:04.34		01:38.12		02:11.11
		00:30.80		*00:33.54*		*00:33.78*		*00:32.99*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/6 Lane : 2 Athlete: OPDENBERGH MERLIJN — **Q-time: 00:25:31**

PB (25m pool): 00:25.24 Mol 20/10/2024 **PB (50m pool):** 00:25.24 **SB:** 00:25.42 Nijlen 18/10/2026

	25 M	50 M	
PB		00:25.24	
	00:25.24		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/6 Lane : 8 Athlete: DESPALLIER DAAN — **Q-time: 00:25:72**

PB (25m pool): 00:25.72 Kapellen 02/11/2025 **PB (50m pool):** 00:26.07 **SB:** no time

	25 M	50 M	
PB		00:25.72	
	00:25.72		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — **Heat:2, starttime: 11:06**

Heat: 2/6 Lane : 2 Athlete: VAN BRUSSEL DYLANO — **Q-time: 00:24:85**

PB (25m pool): 00:24.70 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:25.26 **SB:** 00:24.70 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:24.70	
	00:24.70		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — **Heat:2, starttime: 11:06**

Heat: 2/6 Lane : 6 Athlete: RAVELINGIEN TIBE — **Q-time: 00:24:82**

PB (25m pool): 00:24.82 Mol 04/10/2026 **PB (50m pool):** 00:24.93 **SB:** 00:24.82 Mol 04/10/2026

	25 M	50 M	
PB		00:24.82	
	00:24.82		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN — **Heat:4, starttime: 11:08**

Heat: 4/6 Lane : 5 Athlete: LAMMENS SEPPE — **Q-time: 00:22:56**

PB (25m pool): 00:22.56 Gent 09/11/2025 **PB (50m pool):** 00:23.05 **SB:** 00:22.72 Aachen 11/10/2026

	2 5 M	5 0 M	
PB		00:22.56	
		00:22.56	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — **Heat:5, starttime: 11:09**

Heat: 5/6 Lane : 2 Athlete: BRACKE ERNO — **Q-time: 00:23:42**

PB (25m pool): 00:23.42 Gent 09/11/2025 **PB (50m pool):** 00:24.19 **SB:** 00:23.90 Hoogstraten 27/09/2026

	2 5 M	5 0 M	
PB		00:23.42	
		00:23.42	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — **Heat:5, starttime: 11:09**

Heat: 5/6 Lane : 4 Athlete: VAN HOOYDONCK VINCENT — **Q-time: 00:21:90**

PB (25m pool): 00:21.90 Gent 09/11/2025 **PB (50m pool):** 00:22.16 **SB:** 00:22.48 Aachen 11/10/2026

	2 5 M	5 0 M	
PB		00:21.90	
		00:21.90	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — **Heat:5, starttime: 11:09**

Heat: 5/6 Lane : 7 Athlete: VERVLOET RUWEN — **Q-time: 00:23:69**

PB (25m pool): 00:23.69 Mol 04/10/2026 **PB (50m pool):** 00:24.05 **SB:** 00:23.69 Mol 04/10/2026

	2 5 M	5 0 M	
PB		00:23.69	
		00:23.69	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN — Heat:5, starttime: 11:09

Heat: 5/6 Lane : 8 Athlete: METZEMAKERS NOA — **Q-time: 00:24:04**

PB (25m pool): 00:24.04 Mol 04/10/2026 **PB (50m pool):** 00:24.74 **SB:** 00:24.04 Mol 04/10/2026

	25 M	50 M	
PB		00:24.04	
	00:24.04		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN — Heat:2, starttime: 11:12

Heat: 2/4 Lane : 5 Athlete: HEIJL OLIVIA — **Q-time: 00:29:44**

PB (25m pool): 00:29.44 Gent 09/11/2025 **PB (50m pool):** 00:29.85 **SB:** no time

	25 M	50 M	
PB		00:29.44	
	00:29.44		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN — Heat:3, starttime: 11:14

Heat: 3/4 Lane : 2 Athlete: KELDERMAN FRAN — **Q-time: 00:30:62**

PB (25m pool): 00:30.62 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:31.82 **SB:** 00:31.19 Mol 04/10/2026

	25 M	50 M	
PB		00:30.62	
	00:30.62		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN — Heat:3, starttime: 11:14

Heat: 3/4 Lane : 4 Athlete: BROECKAERT NOOR — **Q-time: 00:28:10**

PB (25m pool): 00:28.10 Gent 09/11/2025 **PB (50m pool):** 00:29.36 **SB:** 00:29.08 Mol 04/10/2026

	25 M	50 M	
PB		00:28.10	
	00:28.10		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 1 Athlete: SPRANGERS KATO — **Q-time: 00:31:41**

PB (25m pool): 00:31.41 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:32.24 **SB:** 00:31.50 Mol 04/10/2026

	25 M	50 M	
PB		00:31.41	
	00:31.41		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:2, starttime: 11:19

Heat: 2/6 Lane : 6 Athlete: OPDENBERGH MERLIJN — **Q-time: 01:03:75**

PB (25m pool): 01:03.75 Temse 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:29.34		01:03.75	
		00:29.34	*00:34.41*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:3, starttime: 11:20

Heat: 3/6 Lane : 2 Athlete: SZABO PETER — **Q-time: 01:02:48**

PB (25m pool): 01:02.48 Herentals 09/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:27.90		01:02.48	
		00:27.90	*00:34.58*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:3, starttime: 11:20

Heat: 3/6 Lane : 5 Athlete: BAHLOULA NAEL — **Q-time: 01:02:02**

PB (25m pool): 01:02.02 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 01:02.02 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.63		01:02.02	
		00:28.63	*00:33.39*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 11: 100M MEDLEY MEN — **Heat:4, starttime: 11:22**

Heat: 4/6 Lane : 1 Athlete: DESPALLIER DAAN — **Q-time: 01:00:89**

PB (25m pool): 01:00.89 Kapellen 02/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:00.89	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — **Heat:4, starttime: 11:22**

Heat: 4/6 Lane : 6 Athlete: METZEMAKERS NOA — **Q-time: 00:59:63**

PB (25m pool): 00:59.63 Mol 04/10/2026 **PB (50m pool):** no time **SB:** 00:59.63 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.03		00:59.63	
		00:28.03		*00:31.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — **Heat:5, starttime: 11:23**

Heat: 5/6 Lane : 2 Athlete: VERVLOET RUWEN — **Q-time: 01:00:22**

PB (25m pool): 01:00.22 Gent 09/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:27.37		01:00.22	
		00:27.37		*00:32.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — **Heat:6, starttime: 11:25**

Heat: 6/6 Lane : 5 Athlete: LAVDANITI ZHULIAN XHOI — **Q-time: 00:56:74**

PB (25m pool): 00:56.71 LEUVEN 14/11/2021 **PB (50m pool):** no time **SB:** 00:56.74 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		00:56.71	
		no time			
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Coach feedback: