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

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

Coaches: Smet Kathleen HEADCOACH

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

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

Heat: 2/2 Lane : 8 Athlete: CLAESKENS MILAN — **Q-time: 02:16:01**

PB (25m pool): 02:16.01 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:24.90 **SB:** 02:16.01 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.17		01:06.79		01:41.77		02:16.01
		00:32.17		*00:34.62*		*00:34.98*		*00:34.24*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN — Heat:2, starttime: 10:26

Heat: 2/2 Lane : 3 Athlete: VERTESSEN FRAN — **Q-time: 05:01:45**

PB (25m pool): 05:01.45 Gent 09/11/2025 **PB (50m pool):** 05:09.82 **SB:** 05:06.15 Hasselt 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:31.28		01:07.66		01:47.83		02:27.70
		00:31.28		*00:36.38*		*00:40.17*		*00:39.87*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		03:09.36		03:52.32		04:27.98		05:01.45
		00:41.66		*00:42.96*		*00:35.66*		*00:33.47*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/5 Lane : 4 Athlete: JORISSEN RUBE — **Q-time: 01:07:47**

PB (25m pool): 01:07.47 Hasselt 04/10/2026 **PB (50m pool):** 01:09.46 **SB:** 01:07.47 Hasselt 04/10/2026

	25M	50M	75M	100M	
PB		00:31.53		01:07.47	
		00:31.53		*00:35.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:3, starttime: 10:43

Heat: 3/4 Lane : 4 Athlete: VERSTREPEN SIEL — **Q-time: 00:31:21**

PB (25m pool): 00:31.21 Aarschot 26/04/2026 — **PB (50m pool):** 00:31.81 **SB:** 00:31.45 Nijlen 18/10/2026

	25 M	50 M	
PB		00:31.21	
	00:31.21		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:3, starttime: 10:43

Heat: 3/4 Lane : 7 Athlete: VANHEES ELLA — **Q-time: 00:35:38**

PB (25m pool): 00:35.38 Hasselt 04/10/2026 — **PB (50m pool):** 00:35.74 **SB:** 00:35.38 Hasselt 04/10/2026

	25 M	50 M	
PB		00:35.38	
	00:35.38		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 7: 400M FREESTYLE MEN — Heat:1, starttime: 10:46

Heat: 1/2 Lane : 3 Athlete: KOPRIVA ILIO — **Q-time: 04:01:18**

PB (25m pool): 04:01.18 Hasselt 12/10/2025 — **PB (50m pool):** 04:09.64 **SB:** 04:01.84 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:27.39		00:56.93		01:27.39		01:58.18
	00:27.39		*00:29.54*		*00:30.46*		*00:30.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225 M	**250 M**	**275 M**	**300**	**325**	**350**	**375**	**400 M**
PB		02:29.59		03:00.95		03:31.71		04:01.18
	00:31.41		*00:31.36*		*00:30.76*		*00:29.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/2 Lane : 2 Athlete: CLAESKENS MILAN — **Q-time: 04:15:77**

PB (25m pool): 04:15.77 Aarschot 26/04/2026 **PB (50m pool):** 04:24.59 **SB:** 04:17.94 Hasselt 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:29.22		01:00.99		01:33.17		02:05.59
		00:29.22		*00:31.77*		*00:32.18*		*00:32.42*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:38.27		03:11.30		03:44.33		04:15.77
		00:32.68		*00:33.03*		*00:33.03*		*00:31.44*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN — Heat:2, starttime: 10:59

Heat: 2/3 Lane : 2 Athlete: VANHEES ELLA — **Q-time: 02:10:57**

PB (25m pool): 02:10.57 Hasselt 12/10/2025 **PB (50m pool):** 02:14.37 **SB:** 02:14.50 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.57		01:04.07		01:38.00		02:10.57
		00:30.57		*00:33.50*		*00:33.93*		*00:32.57*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN — Heat:1, starttime: 11:11

Heat: 1/4 Lane : 2 Athlete: RENETTE LENA — **Q-time: 00:32:42**

PB (25m pool): 00:32.42 Hasselt 12/10/2025 **PB (50m pool):** 00:33.35 **SB:** 00:32.58 Hasselt 04/10/2026

	25M	50M	
PB		00:32.42	
		00:32.42	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 6 Athlete: FREDERIX MAYA — **Q-time: 00:30:47**

PB (25m pool): 00:30.47 Gent 09/11/2025 **PB (50m pool):** 00:31.47 **SB:** 00:31.58 Hasselt 04/10/2026

	25 M	50 M	
PB		00:30.47	
	00:30.47		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 8 Athlete: JORISSEN RUBE — **Q-time: 01:01:66**

PB (25m pool): 01:01.46 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** no time **SB:** 01:01.66 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.18		01:01.46	
		00:29.18		*00:32.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: