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

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

Coaches: Melders Peter HEADCOACH

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

Event number: 3: 200M BACKSTROKE MEN — Heat:1, starttime: 10:13

Heat: 1/2 Lane : 2 Athlete: VEESTRAETEN MATS — **Q-time: 02:14:17**

PB (25m pool): 02:14.17 LEUVEN 23/11/2025 **PB (50m pool):** 02:17.87 **SB:** 02:14.98 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.68		01:05.55		01:39.82		02:14.17
		00:31.68		*00:33.87*		*00:34.27*		*00:34.35*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN — Heat:1, starttime: 10:20

Heat: 1/2 Lane : 2 Athlete: WEYTJENS AMBER — **Q-time: 05:23:28**

PB (25m pool): 05:23.28 Hasselt 12/10/2025 **PB (50m pool):** 05:30.39 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:35.63		01:16.78		01:56.36		02:35.43
		00:35.63		*00:41.15*		*00:39.58*		*00:39.07*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		03:23.65		04:12.08		04:48.68		05:23.28
		00:48.22		*00:48.43*		*00:36.60*		*00:34.60*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN — Heat:1, starttime: 10:20

Heat: 1/2 Lane : 3 Athlete: THEUWIS RUNE — **Q-time: 05:15:17**

PB (25m pool): 05:15.17 Gent 09/11/2025 **PB (50m pool):** 05:23.37 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:33.63		01:12.83		01:53.89		02:34.03
		00:33.63		*00:39.20*		*00:41.06*		*00:40.14*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		03:18.72		04:03.93		04:40.26		05:15.17
		00:44.69		*00:45.21*		*00:36.33*		*00:34.91*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/5 Lane : 1 Athlete: ORIS TIM — **Q-time: 01:06:48**

PB (25m pool): 01:06.48 Gent 09/11/2025 **PB (50m pool):** 01:09.21 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:30.39		01:06.48	
		00:30.39		*00:36.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 3 Athlete: METTEN VINCE — **Q-time: 01:03:27**

PB (25m pool): 01:03.27 Hasselt 04/10/2026 **PB (50m pool):** 01:05.15 **SB:** 01:03.27 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.61		01:03.27	
		00:29.61		*00:33.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 5 Athlete: VRANKEN BARTEL — **Q-time: 01:00:77**

PB (25m pool): 00:59.13 Aachen 11/10/2026 **PB (50m pool):** 01:01.60 **SB:** 00:59.13 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.75		00:59.13	
		00:27.75		*00:31.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 4 Athlete: VANOTTERDIJK ROOS — **Q-time: 01:54:96**

PB (25m pool): 01:54.96 Gent 09/11/2025 **PB (50m pool):** 01:59.31 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:26.23		00:54.95		01:24.75		01:54.96
		00:26.23		*00:28.72*		*00:29.80*		*00:30.21*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/4 Lane : 4 Athlete: BUSSELS FLEUR — **Q-time: 00:28:54**

PB (25m pool): 00:28.54 Aachen 11/10/2026 **PB (50m pool):** 00:29.42 **SB:** 00:28.54 Aachen 11/10/2026

	25 M	50 M	
PB		00:28.54	
	00:28.54		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 1 Athlete: VEESTRAETEN MATS — **Q-time: 01:03:23**

PB (25m pool): 01:03.23 Hasselt 04/10/2026 **PB (50m pool):** no time **SB:** 01:03.23 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.39		01:03.23	
		00:28.39		*00:34.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 4 Athlete: VRANKEN BARTEL — **Q-time: 00:56:49**

PB (25m pool): 00:56.49 Gent 09/11/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:25.99		00:56.49	
		00:25.99		*00:30.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 1 Athlete: ORIS TIM — **Q-time: 01:00:80**

PB (25m pool): 01:00.80 Bree 31/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:00.80	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: