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

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

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

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 : 5 Athlete: SINNAEVE MIRKO — **Q-time: 01:01:55**

PB (25m pool): 01:01.72 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:01.55 **SB:** 01:02.18 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.34		01:01.72	
		00:28.34		*00:33.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/2 Lane : 4 Athlete: DEBECKER CHARLOTTE — **Q-time: 04:55:76**

PB (25m pool): 04:55.76 Gent 09/11/2025 **PB (50m pool):** 05:03.65 **SB:** no time

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:31.53		01:08.24		01:45.53		02:23.24
		00:31.53		*00:36.71*		*00:37.29*		*00:37.71*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225 M	**250 M**	**275 M**	**300**	**325**	**350**	**375**	**400 M**
PB		03:05.85		03:49.52		04:23.12		04:55.76
		00:42.61		*00:43.67*		*00:33.60*		*00:32.64*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/5 Lane : 2 Athlete: JONCKHEERE EMILE — **Q-time: 01:04:46**

PB (25m pool): 01:04.46 Gent 09/11/2025 **PB (50m pool):** 01:09.43 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:30.13		01:04.46	
		00:30.13		*00:34.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 3 Athlete: DEBECKER CHARLOTTE — **Q-time: 00:33:00**

PB (25m pool): 00:33.00 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:34.15 **SB:** 00:33.43 Brugge 04/10/2026

	25 M	50 M	
PB		00:33.00	
	00:33.00		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 8 Athlete: SINNAEVE MIRKO — **Q-time: 00:25:05**

PB (25m pool): 00:25.05 Brugge 04/10/2026 **PB (50m pool):** 00:26.53 **SB:** 00:25.05 Brugge 04/10/2026

	25 M	50 M	
PB		00:25.05	
	00:25.05		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 6 Athlete: JONCKHEERE EMILE — **Q-time: 00:59:48**

PB (25m pool): 00:59.48 Gent 09/11/2025 **PB (50m pool):** no time **SB:** 01:02.15 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.98		00:59.48	
	00:27.98		*00:31.50*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: