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

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

Coaches: Van Breusegem Mathias

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

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

Heat: 2/5 Lane : 6 Athlete: VERHEYDEN VINZ — **Q-time: 01:00:21**

PB (25m pool): 01:00.21 Sportoase De Watermolen 21/07/2026 PB (50m pool): 01:02.44 **SB:** 01:02.38 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		00:28.28		01:00.21	
		00:28.28		*00:31.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 6 Athlete: VERHEYDEN VINZ — **Q-time: 04:12:08**

PB (25m pool): 04:12.08 Sportoase De Watermolen 21/07/2026 PB (50m pool): 04:29.21 **SB:** 04:16.77 EEKLO 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:28.26		00:59.58		01:31.48		02:03.74
		00:28.26		*00:31.32*		*00:31.90*		*00:32.26*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:36.01		03:08.65		03:41.22		04:12.08
		00:32.27		*00:32.64*		*00:32.57*		*00:30.86*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/6 Lane : 3 Athlete: VERHEYDEN VINZ — **Q-time: 01:03:62**

PB (25m pool): 01:03.62 Zottegem 01/03/2026 **PB (50m pool):** no time **SB:** 01:04.93 Waregem 26/09/2026

	25M	50M	75M	100M	
PB		no time		01:03.62	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: