# Open Flanders SC: Session: 1: COACH evaluation sheet for TEAM: HOZT

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

**Coaches: Peeters Vincent**

**Coaches: Melis Tom**

**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 : 4 Athlete: VAN WELLEN JOSEPH** — **Q-time: 02:01:44**

**PB (25m pool):** 02:01.44 Gent 09/11/2025 **PB (50m pool):** 02:05.68 **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:28.54 | | 00:59.39 | | 01:31.13 | | 02:01.44 |
| | | *00:28.54* | | *00:30.85* | | *00:31.74* | | *00:30.31* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 1/2 Lane : 6 Athlete: GRAHAM JIL** — **Q-time: 05:19:01**

**PB (25m pool):** 05:06.05 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 05:13.67 **SB:** no time

| | 25 M | 50 M | 75 M | 100 M | 125 M | 150 M | 175 M | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:33.34 | | 01:11.70 | | 01:49.46 | | 02:27.36 |
| | | *00:33.34* | | *00:38.36* | | *00:37.76* | | *00:37.90* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |
| | **225 M** | **250 M** | **275 M** | **300** | **325** | **350** | **375** | **400 M** |
| PB | | 03:13.70 | | 04:00.03 | | 04:33.59 | | 05:06.05 |
| | | *00:46.34* | | *00:46.33* | | *00:33.56* | | *00:32.46* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 3/4 Lane : 2 Athlete: WILLAERT AYLA** — **Q-time: 00:34:14**

**PB (25m pool):** 00:33.96 Sint-Amandsberg 27/10/2024 **PB (50m pool):** 00:34.18 **SB:** 00:34.78 Mol 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:33.96 | |
| | | *00:33.96* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Open Flanders SC: Session: 1: COACH evaluation sheet for TEAM: HOZT

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

**Heat: 1/3 Lane : 2 Athlete: WILLAERT AYLA** — **Q-time: 02:10:70**

**PB (25m pool): 02:06.64 Hoogstraten 05/05/2024** **PB (50m pool):** 02:11.82 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | 02:06.64 |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 1/3 Lane : 7 Athlete: GRAHAM JIL** — **Q-time: 02:12:90**

**PB (25m pool): 02:09.09 2320 Hoogstraten 07/05/2023** **PB (50m pool):** 02:13.42 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | 02:09.09 |
| | *no time* | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 9: 50M FREESTYLE MEN — Heat:6, starttime: 11:09

**Heat: 6/6 Lane : 6 Athlete: VAN WELLEN JOSEPH** — **Q-time: 00:23:02**

**PB (25m pool): 00:23.02 Gent 09/11/2025** **PB (50m pool):** 00:23.09 **SB:** no time

| | 25M | 50M | |
|---|---|---|---|
| PB | | 00:23.02 | |
| | *00:23.02* | | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: