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

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

Coaches: Dillen Katia HEADCOACH

Coaches: De Cuyper Tibo

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

Event number: 1: 100M BUTTERFLY MEN — Heat:4, starttime: 10:05

Heat: 4/5 Lane : 2 Athlete: LEIRS BAVO — **Q-time: 00:56:66**

PB (25m pool): 00:56.66 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:57.12 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:26.91		00:56.66	
		00:26.91		*00:29.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN — Heat:3, starttime: 10:11

Heat: 3/3 Lane : 5 Athlete: ROMBOUT LISA — **Q-time: 01:03:36**

PB (25m pool): 01:03.32 Stedelijk Zwembad Geel 17/02/2019 PB (50m pool): 01:03.97 **SB:** 01:04.47 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:03.32	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 2 Athlete: VAN LOOY ANKE — **Q-time: 05:22:42**

PB (25m pool): 05:22.42 Antwerpen 12/10/2025 PB (50m pool): 05:34.93 **SB:** 05:25.63 Mol 04/10/2026

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:34.52		01:15.42		01:56.87		02:36.71
		00:34.52		*00:40.90*		*00:41.45*		*00:39.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225 M	**250 M**	**275 M**	**300**	**325**	**350**	**375**	**400 M**
PB		03:22.82		04:08.84		04:46.84		05:22.42
		00:46.11		*00:46.02*		*00:38.00*		*00:35.58*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/4 Lane : 6 Athlete: STRUYF LIESELOT — **Q-time: 00:33:53**

PB (25m pool): 00:33.53 Herentals 17/05/2025 **PB (50m pool):** 00:34.15 **SB:** 00:35.29 Mol 04/10/2026

	25 M	50 M	
PB		00:33.53	
		00:33.53	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:5, starttime: 11:09

Heat: 5/6 Lane : 5 Athlete: BERGES JENS — **Q-time: 00:22:51**

PB (25m pool): 00:22.51 Gent 09/11/2025 **PB (50m pool):** 00:23.44 **SB:** no time

	25 M	50 M	
PB		00:22.51	
		00:22.51	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 1 Athlete: VAN LOOY ANKE — **Q-time: 00:32:86**

PB (25m pool): 00:32.86 Antwerpen 12/10/2025 **PB (50m pool):** 00:34.23 **SB:** no time

	25 M	50 M	
PB		00:32.86	
		00:32.86	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 7 Athlete: ROMBOUT LISA — **Q-time: 00:31:16**

PB (25m pool): 00:30.84 Sint Amandsberg 10/11/2019 **PB (50m pool):** 00:31.98 **SB:** no time

	25 M	50 M	
PB		00:30.84	
		00:30.84	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/6 Lane : 8 Athlete: LEIRS BAVO **Q-time: 01:01:20**

PB (25m pool): **01:01.20** **Gent** **09/11/2025** **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:28.21		01:01.20	
		00:28.21		*00:32.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: