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

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

**Coaches: VANMEENEN SARA**

**Coaches: VANMEENEN LAURA**

**Coaches: LEPLA MARTINE**

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

## Event number: 3: 200M BACKSTROKE MEN — Heat:2, starttime: 10:17

**Heat: 2/2 Lane : 1 Athlete: DEHAENE JULE** — **Q-time: 02:15:13**

**PB (25m pool): 02:15.13 Brugge 04/10/2026** **PB (50m pool):** 02:18.20 **SB:** 02:15.13 Brugge 04/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:31.46 | | 01:06.08 | | 01:41.07 | | 02:15.13 |
| | | *00:31.46* | | *00:34.62* | | *00:34.99* | | *00:34.06* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 5: 100M BREASTSTROKE MEN — Heat:2, starttime: 10:34

**Heat: 2/5 Lane : 7 Athlete: VANDERHAEGHE ANTWAN** — **Q-time: 01:10:31**

**PB (25m pool): 01:10.31 Sint-Amandsberg 18/10/2026** **PB (50m pool):** 01:15.07 **SB:** 01:10.31 Sint-Amandsberg 18/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:32.51 | | 01:10.31 | |
| | | *00:32.51* | | *00:37.80* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 7: 400M FREESTYLE MEN — Heat:1, starttime: 10:46

**Heat: 1/2 Lane : 2 Athlete: DEHAENE JULE** — **Q-time: 04:18:13**

**PB (25m pool): 04:18.13 Brugge 04/10/2026** **PB (50m pool):** 04:23.10 **SB:** 04:18.13 Brugge 04/10/2026

| | 25 M | 50 M | 75 M | 100 M | 125 M | 150 M | 175 M | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:29.03 | | 01:01.05 | | 01:33.78 | | 02:06.93 |
| | | *00:29.03* | | *00:32.02* | | *00:32.73* | | *00:33.15* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |
| | **225 M** | **250 M** | **275 M** | **300** | **325** | **350** | **375** | **400 M** |
| PB | | 02:39.88 | | 03:13.15 | | 03:46.23 | | 04:18.13 |
| | | *00:32.95* | | *00:33.27* | | *00:33.08* | | *00:31.90* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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**Event number: 9: 50M FREESTYLE MEN** — **Heat:3, starttime: 11:07**

**Heat: 3/6 Lane : 7 Athlete: VANDERHAEGHE ANTWAN** — **Q-time: 00:24:58**

**PB (25m pool):** 00:24.58 Brugge 04/10/2026 **PB (50m pool):** 00:25.18 **SB:** 00:24.58 Brugge 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:24.58 | |
| | | *00:24.58* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: