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

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

Coaches: Lievens Stijn

Coaches: Raes Kurt

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 : 8 Athlete: WILLEM ARTHUR — **Q-time: 02:18:61**

PB (25m pool): 02:18.61 Leuven 04/10/2026 **PB (50m pool):** 02:23.78 **SB:** 02:18.61 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.59		01:07.42		01:43.17		02:18.61
		00:32.59		*00:34.83*		*00:35.75*		*00:35.44*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 6 Athlete: MEYER THYRVI — **Q-time: 05:17:13**

PB (25m pool): 05:17.13 LEUVEN 23/11/2025 **PB (50m pool):** 05:24.92 **SB:** no time

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:34.32		01:13.47		01:53.99		02:33.67
		00:34.32		*00:39.15*		*00:40.52*		*00:39.68*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225 M	250 M	275 M	300	325	350	375	400 M
PB		03:20.13		04:07.08		04:42.65		05:17.13
		00:46.46		*00:46.95*		*00:35.57*		*00:34.48*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:1, starttime: 10:41

Heat: 1/4 Lane : 4 Athlete: VERVLOESSEM SISKA — **Q-time: 00:36:43**

PB (25m pool): 00:36.24 Herentals 18/05/2024 **PB (50m pool):** 00:36.37 **SB:** no time

	25 M	50 M	
PB		00:36.24	
		00:36.24	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 8: 200M FREESTYLE WOMEN — Heat:2, starttime: 10:59

Heat: 2/3 Lane : 3 Athlete: DELCOMMUNE ZINKE — **Q-time: 02:01:96**

PB (25m pool): 01:58.78 Leuven 13/11/2022 **PB (50m pool):** 02:01.89 **SB:** 02:03.31 Aachen 11/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		01:58.78
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/6 Lane : 3 Athlete: RAES DRIES — **Q-time: 00:24:81**

PB (25m pool): 00:24.81 Aarschot 27/07/2026 **PB (50m pool):** 00:25.65 **SB:** no time

	25 M	50 M	
PB		00:24.81	
	00:24.81		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN — Heat:4, starttime: 11:15

Heat: 4/4 Lane : 6 Athlete: WOUTERS BRIANA — **Q-time: 00:29:88**

PB (25m pool): 00:29.75 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:30.90 **SB:** 00:30.42 Leuven 04/10/2026

	25 M	50 M	
PB		00:29.75	
	00:29.75		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 1 Athlete: RAES DRIES — **Q-time: 01:03:99**

PB (25m pool): 01:03.99 Aarschot 04/05/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:03.99	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: