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

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

Coaches: Dewulf Bart HEADCOACH

Coaches: Duck Chantal

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 : 4 Athlete: DECUPERE CEDRIC — **Q-time: 00:59:33**

PB (25m pool): 00:59.74 Ettelbruck 19/04/2026 **PB (50m pool):** 00:59.33 **SB:** 01:00.08 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.05		00:59.74	
		00:28.05		*00:31.69*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/5 Lane : 5 Athlete: CHRISTIAENS STIJN — **Q-time: 00:59:50**

PB (25m pool): 00:59.50 Ettelbruck 19/04/2026 **PB (50m pool):** 01:00.66 **SB:** 01:03.06 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.75		00:59.50	
		00:27.75		*00:31.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 7 Athlete: CHRISTIAENS JUTTA — **Q-time: 01:09:50**

PB (25m pool): 01:09.60 Ettelbruck 20/04/2025 **PB (50m pool):** 01:09.50 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.78		01:09.60	
		00:32.78		*00:36.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/2 Lane : 6 Athlete: FEYS JONAH — **Q-time: 02:10:90**

PB (25m pool): 02:10.90 Brugge 04/10/2026 **PB (50m pool):** 02:12.14 **SB:** 02:10.90 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.70		01:04.18		01:38.12		02:10.90
		00:30.70		*00:33.48*		*00:33.94*		*00:32.78*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN — Heat:3, starttime: 10:36

Heat: 3/5 Lane : 7 Athlete: CHRISTIAENS STIJN — **Q-time: 01:05:86**

PB (25m pool): 01:05.86 Ettelbruck 19/04/2026 **PB (50m pool):** 01:10.22 **SB:** 01:09.48 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.90		01:05.86	
		00:30.90		*00:34.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN — Heat:5, starttime: 10:39

Heat: 5/5 Lane : 1 Athlete: VERELZEN ROBBE — **Q-time: 01:06:16**

PB (25m pool): 01:06.16 Gent 09/11/2025 **PB (50m pool):** 01:08.11 **SB:** 01:07.18 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.91		01:06.16	
		00:30.91		*00:35.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN — Heat:5, starttime: 10:39

Heat: 5/5 Lane : 8 Athlete: DECUPERE CEDRIC — **Q-time: 01:06:85**

PB (25m pool): 01:06.85 Ettelbruck 20/04/2025 **PB (50m pool):** 01:10.68 **SB:** 01:07.09 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.25		01:06.85	
		00:31.25		*00:35.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 7 Athlete: CHRISTIAENS ANNABEL — **Q-time: 00:34:82**

PB (25m pool): 00:34.82 Gent 09/11/2025 **PB (50m pool):** 00:36.04 **SB:** 00:36.45 Brugge 04/10/2026

	25 M	50 M	
PB		00:34.82	
	00:34.82		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 7 Athlete: CHRISTIAENS JUTTA — **Q-time: 02:11:70**

PB (25m pool): 02:10.51 Sint-Amandsberg 27/10/2024 **PB (50m pool):** 02:12.23 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.23		01:03.37		01:37.01		02:10.51
		00:30.23		*00:33.14*		*00:33.64*		*00:33.50*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE WOMEN — Heat:3, starttime: 11:01

Heat: 3/3 Lane : 1 Athlete: VERMAUT CELINE — **Q-time: 02:23:18**

PB (25m pool): 02:23.47 Gent 09/11/2025 **PB (50m pool):** 02:25.43 **SB:** 02:23.73 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.62		01:09.01		01:46.50		02:23.47
		00:32.62		*00:36.39*		*00:37.49*		*00:36.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/6 Lane : 3 Athlete: FEYS JONAH — **Q-time: 00:24:26**

PB (25m pool): 00:24.26 Brugge 04/10/2026 **PB (50m pool):** 00:24.90 **SB:** 00:24.26 Brugge 04/10/2026

	25 M	50 M	
PB		00:24.26	
	00:24.26		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/4 Lane : 6 Athlete: DECOCK MAAIKE — **Q-time: 00:32:36**

PB (25m pool): 00:32.36 Brugge 04/10/2026 **PB (50m pool):** 00:33.66 **SB:** 00:32.36 Brugge 04/10/2026

	25 M	50 M	
PB		00:32.36	
	00:32.36		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 1 Athlete: CHRISTIAENS ANNABEL — **Q-time: 00:31:58**

PB (25m pool): 00:31.19 Brugge 20/10/2024 **PB (50m pool):** 00:32.65 **SB:** 00:33.38 Brugge 04/10/2026

	25 M	50 M	
PB		00:31.19	
	00:31.19		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:1, starttime: 11:17

Heat: 1/6 Lane : 3 Athlete: FEYS JONAH — **Q-time: 01:04:34**

PB (25m pool): 01:04.34 Menen 07/06/2026 **PB (50m pool):** no time **SB:** 01:05.28 Waregem 26/09/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:04.34	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:3, starttime: 11:20

Heat: 3/6 Lane : 3 Athlete: VERELZEN ROBBE — **Q-time: 01:02:30**

PB (25m pool): 01:02.30 Menen 07/06/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:02.30	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 11: 100M MEDLEY MEN **Heat:4, starttime: 11:22**

Heat: 4/6 Lane : 2 Athlete: CHRISTIAENS STIJN **Q-time: 01:00:25**

PB (25m pool): **01:00.25** **Gent** **09/11/2025** **PB (50m pool):** no time **SB:** 01:01.97 Brugge 04/10/2026

	25M	50M	75M	100M	
PB		00:27.90		01:00.25	
		00:27.90		*00:32.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 7 Athlete: DECUPERE CEDRIC **Q-time: 01:00:41**

PB (25m pool): **01:00.41** **Brugge** **04/10/2026** **PB (50m pool):** no time **SB:** 01:00.41 Brugge 04/10/2026

	25M	50M	75M	100M	
PB		00:27.71		01:00.41	
		00:27.71		*00:32.70*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: