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

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

Coaches: Hendrickx Lander HEADCOACH

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

Event number: 1: 100M BUTTERFLY MEN — Heat:3, starttime: 10:03

Heat: 3/5 Lane : 5 Athlete: VERMAUT ARTHUR — **Q-time: 00:55:50**

PB (25m pool): 00:55.50 Mons 27/06/2026 **PB (50m pool):** 00:56.24 **SB:** 00:56.74 SAINT-DIZIER 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.87		00:55.50	
		00:25.87		*00:29.63*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN — Heat:4, starttime: 10:37

Heat: 4/5 Lane : 7 Athlete: VAN HOOF DAAN — **Q-time: 01:05:82**

PB (25m pool): 01:05.82 Gent 09/11/2025 **PB (50m pool):** 01:10.03 **SB:** 01:06.97 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.44		01:05.82	
		00:30.44		*00:35.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 5 Athlete: BAETEN LUKAS — **Q-time: 01:00:30**

PB (25m pool): 01:00.30 Aachen 11/10/2026 **PB (50m pool):** 01:01.73 **SB:** 01:00.30 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.18		01:00.30	
		00:28.18		*00:32.12*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:2, starttime: 10:42

Heat: 2/4 Lane : 3 Athlete: SCHOEFS ELISE — **Q-time: 00:33:50**

PB (25m pool): 00:32.45 Leuven 13/11/2022 **PB (50m pool):** 00:33.33 **SB:** 00:34.43 Leuven 04/10/2026

	25 M	50 M	
PB		00:32.45	
		00:32.45	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:2, starttime: 10:42

Heat: 2/4 Lane : 5 Athlete: CAES OONE — **Q-time: 00:32:58**

PB (25m pool): 00:32.58 Herentals 09/05/2026 **PB (50m pool):** 00:33.56 **SB:** 00:33.22 Leuven 04/10/2026

	25 M	50 M	
PB		00:32.58	
		00:32.58	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 1 Athlete: GEUENS LARS — **Q-time: 00:23:90**

PB (25m pool): 00:23.81 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:24.58 **SB:** no time

	25 M	50 M	
PB		00:23.81	
		00:23.81	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 3 Athlete: VAN HOOF DAAN — **Q-time: 00:58:39**

PB (25m pool): 00:58.39 Leuven 04/10/2026 **PB (50m pool):** no time **SB:** 00:58.39 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.17		00:58.39	
		00:27.17		*00:31.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/6 Lane : 5 Athlete: VERMAUT ARTHUR **Q-time: 00:57:28**

PB (25m pool): **00:57.28 SAINT-DIZIER 11/10/2026** **PB (50m pool):** no time **SB:** 00:57.28 SAINT-DIZIER 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.12		00:57.28	
		00:27.12		*00:30.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: