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

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

Coaches: Verbauwen Carine HEADCOACH

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 : 7 Athlete: CAUDRON XIBE — **Q-time: 01:00:77**

PB (25m pool): 01:00.77 EEKLO 04/10/2026 **PB (50m pool):** 01:01.27 **SB:** 01:00.77 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.78		01:00.77	
		00:27.78		*00:32.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 6 Athlete: BAEYE LEON — **Q-time: 00:56:49**

PB (25m pool): 00:56.49 Eeklo 06/04/2026 **PB (50m pool):** 00:56.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:26.24		00:56.49	
		00:26.24		*00:30.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN — Heat:5, starttime: 10:06

Heat: 5/5 Lane : 7 Athlete: SCHRAM THOR — **Q-time: 00:57:29**

PB (25m pool): 00:57.90 TEMSE 23/11/2025 **PB (50m pool):** 00:57.54 **SB:** 01:00.48 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.33		00:57.90	
		00:27.33		*00:30.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 1: 100M BUTTERFLY MEN — Heat:5, starttime: 10:06

Heat: 5/5 Lane : 8 Athlete: LEROUX WOUT — **Q-time: 00:58:80**

PB (25m pool): 00:59.33 Gent 09/11/2025 **PB (50m pool):** 00:58.73 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:27.49		00:59.33	
		00:27.49		*00:31.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN — Heat:1, starttime: 10:08

Heat: 1/3 Lane : 4 Athlete: MATTHEEUWS LIE — **Q-time: 01:03:35**

PB (25m pool): 01:03.35 Gent 09/11/2025 **PB (50m pool):** 01:04.04 **SB:** 01:05.06 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.26		01:03.35	
		00:29.26		*00:34.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN — Heat:1, starttime: 10:08

Heat: 1/3 Lane : 5 Athlete: VAN BRABANDT JULIETTE — **Q-time: 01:04:15**

PB (25m pool): 01:03.25 Aachen 11/10/2026 **PB (50m pool):** 01:04.96 **SB:** 01:03.25 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.30		01:03.25	
		00:29.30		*00:33.95*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 2 Athlete: VAN DEURSEN SIEBE — **Q-time: 02:13:27**

PB (25m pool): 02:13.27 T ROSCO 12/10/2025 **PB (50m pool):** 02:18.11 **SB:** 02:15.39 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.82		01:05.04		01:39.39		02:13.27
		00:30.82		*00:34.22*		*00:34.35*		*00:33.88*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/2 Lane : 4 Athlete: VERRETH NOAH — **Q-time: 01:54:91**

PB (25m pool): 01:54.91 Gent 09/11/2025 **PB (50m pool):** 01:59.79 **SB:** 01:56.38 Aachen 11/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.25		00:56.43		01:26.13		01:54.91
		00:27.25		*00:29.18*		*00:29.70*		*00:28.78*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/5 Lane : 6 Athlete: MCLEAN BRETT — **Q-time: 01:07:81**

PB (25m pool): 01:07.81 EEKLO 04/10/2026 **PB (50m pool):** 01:10.05 **SB:** 01:07.81 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.17		01:07.81	
		00:31.17		*00:36.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 6 Athlete: RAEMDONCK BENTHE-MARIE — **Q-time: 00:33:71**

PB (25m pool): 00:33.12 LAGO Rozebroeken 23/10/2022 **PB (50m pool):** 00:33.66 **SB:** 00:33.84 Aachen 11/10/2026

	25 M	50 M	
PB		00:33.12	
		00:33.12	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:3, starttime: 10:43

Heat: 3/4 Lane : 5 Athlete: GOBERT LIES — **Q-time: 00:32:17**

PB (25m pool): 00:32.15 Aachen 27/10/2024 **PB (50m pool):** 00:32.56 **SB:** 00:32.17 Aachen 11/10/2026

	25 M	50 M	
PB		00:32.15	
		00:32.15	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN — Heat:2, starttime: 10:51

Heat: 2/2 Lane : 7 Athlete: KOCKX HENRI — **Q-time: 04:18:56**

PB (25m pool): 04:15.90 LAGO Zwevegem 20/05/2024 **PB (50m pool):** 04:15.30 **SB:** 04:23.59 EEKLO 04/10/2026

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

	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		04:15.90
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/3 Lane : 6 Athlete: VAN GYSEL MAITE — **Q-time: 02:06:05**

PB (25m pool): 02:06.05 Gent 09/11/2025 **PB (50m pool):** 02:09.13 **SB:** 02:07.48 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:29.36		01:01.30		01:33.71		02:06.05
	00:29.36		*00:31.94*		*00:32.41*		*00:32.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:1, starttime: 11:05

Heat: 1/6 Lane : 6 Athlete: LEROUX WOUT — **Q-time: 00:25:16**

PB (25m pool): 00:25.16 Aachen 11/10/2026 **PB (50m pool):** 00:24.91 **SB:** 00:25.16 Aachen 11/10/2026

	25M	50M	
PB		00:25.16	
	00:25.16		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/6 Lane : 5 Athlete: ROSIERS NICOLAS — **Q-time: 00:24:73**

PB (25m pool): 00:24.73 EEKLO 04/10/2026 — **PB (50m pool):** 00:25.95 **SB:** 00:24.73 EEKLO 04/10/2026

	25 M	50 M	
PB		00:24.73	
	00:24.73		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 1 Athlete: CAUDRON XIBE — **Q-time: 00:24:61**

PB (25m pool): 00:24.61 Aachen 11/10/2026 — **PB (50m pool):** 00:25.44 **SB:** 00:24.61 Aachen 11/10/2026

	25 M	50 M	
PB		00:24.61	
	00:24.61		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 8 Athlete: SCHRAM THOR — **Q-time: 00:24:61**

PB (25m pool): 00:24.61 Eeklo 21/09/2025 — **PB (50m pool):** 00:24.95 **SB:** 00:25.02 Aachen 11/10/2026

	25 M	50 M	
PB		00:24.61	
	00:24.61		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:4, starttime: 11:08

Heat: 4/6 Lane : 4 Athlete: VERRETH NOAH — **Q-time: 00:22:02**

PB (25m pool): 00:22.02 Gent 09/11/2025 — **PB (50m pool):** 00:23.59 **SB:** 00:22.89 Aachen 11/10/2026

	25 M	50 M	
PB		00:22.02	
	00:22.02		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN — Heat:6, starttime: 11:09

Heat: 6/6 Lane : 3 Athlete: DE MUL TOM — **Q-time: 00:22:96**

PB (25m pool): 00:22.96 Gent 09/11/2025 **PB (50m pool):** 00:23.98 **SB:** 00:23.79 EEKLO 04/10/2026

	2 5 M	5 0 M	
PB		00:22.96	
		00:22.96	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:6, starttime: 11:09

Heat: 6/6 Lane : 5 Athlete: BAEYE LEON — **Q-time: 00:22:38**

PB (25m pool): 00:22.38 Gent 09/11/2025 **PB (50m pool):** 00:22.74 **SB:** 00:22.80 Aachen 11/10/2026

	2 5 M	5 0 M	
PB		00:22.38	
		00:22.38	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:6, starttime: 11:09

Heat: 6/6 Lane : 7 Athlete: VANGAMPELAERE MILAN — **Q-time: 00:23:68**

PB (25m pool): 00:23.68 Gent 09/11/2025 **PB (50m pool):** 00:24.07 **SB:** 00:23.83 EEKLO 04/10/2026

	2 5 M	5 0 M	
PB		00:23.68	
		00:23.68	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 50M BACKSTROKE WOMEN — Heat:3, starttime: 11:14

Heat: 3/4 Lane : 5 Athlete: MATTHEEUWS LIE — **Q-time: 00:29:15**

PB (25m pool): 00:29.15 Gent 09/11/2025 **PB (50m pool):** 00:30.13 **SB:** 00:30.13 Aachen 11/10/2026

	2 5 M	5 0 M	
PB		00:29.15	
		00:29.15	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 10: 50M BACKSTROKE WOMEN — Heat:3, starttime: 11:14

Heat: 3/4 Lane : 6 Athlete: HUENS NOOR — **Q-time: 00:30:42**

PB (25m pool): 00:30.42 Gent 09/11/2025 — **PB (50m pool):** 00:31.01 **SB:** 00:31.05 EEKLO 04/10/2026

	25 M	50 M	
PB		00:30.42	
		00:30.42	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 5 Athlete: VAN BRABANDT JULIETTE — **Q-time: 00:28:92**

PB (25m pool): 00:28.92 Gent 09/11/2025 — **PB (50m pool):** 00:30.48 **SB:** 00:30.44 EEKLO 04/10/2026

	25 M	50 M	
PB		00:28.92	
		00:28.92	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 8 Athlete: VANGAMPELAERE LAURA — **Q-time: 00:31:58**

PB (25m pool): 00:31.58 Gent 09/11/2025 — **PB (50m pool):** 00:32.49 **SB:** 00:32.85 EEKLO 04/10/2026

	25 M	50 M	
PB		00:31.58	
		00:31.58	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 7 Athlete: ROSIERS NICOLAS — **Q-time: 01:03:92**

PB (25m pool): 01:03.92 EEKLO 04/10/2026 — **PB (50m pool):** no time **SB:** 01:03.92 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:03.92	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/6 Lane : 8 Athlete: MCLEAN BRETT — **Q-time: 01:04:03**

PB (25m pool): 01:04.18 EEKLO 04/10/2026 **PB (50m pool):** no time **SB:** 01:04.18 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		no time		01:04.18	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 3 Athlete: DE MUL TOM — **Q-time: 00:58:04**

PB (25m pool): 00:58.04 Gent 09/11/2025 **PB (50m pool):** no time **SB:** 00:58.99 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		00:26.40		00:58.04	
		00:26.40		*00:31.64*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 4 Athlete: VERRETH NOAH — **Q-time: 00:53:78**

PB (25m pool): 00:53.78 Aachen 11/10/2026 **PB (50m pool):** no time **SB:** 00:53.78 Aachen 11/10/2026

	25M	50M	75M	100M	
PB		no time		00:53.78	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: