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

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

Coaches: Feyten Anne

Coaches: Wouters Maxim HEADCOACH

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

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

Heat: 4/5 Lane : 1 Athlete: VERBEEK SEM — **Q-time: 00:58:21**

PB (25m pool): 00:57.43 Herentals 27/05/2023 **PB (50m pool):** 00:59.16 **SB:** 00:58.96 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		00:57.43	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 8 Athlete: MERTENS HELENA — **Q-time: 00:36:27**

PB (25m pool): 00:36.27 Mol 04/10/2026 **PB (50m pool):** 00:38.68 **SB:** 00:36.27 Mol 04/10/2026

	25 M	50 M	
PB		00:36.27	
	00:36.27		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 2 Athlete: MERTENS HELENA — **Q-time: 02:10:32**

PB (25m pool): 02:09.35 3500 Hasselt 24/11/2024 **PB (50m pool):** 02:12.49 **SB:** 02:14.12 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.46		01:03.55		01:36.83		02:09.35
	00:30.46		*00:33.09*		*00:33.28*		*00:32.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 11: 100M MEDLEY MEN **Heat:6, starttime: 11:25**

Heat: 6/6 Lane : 2 Athlete: VERBEEK SEM **Q-time: 00:59:86**

PB (25m pool): 00:59.31 Herentals 27/05/2023 **PB (50m pool):** no time **SB:** 01:00.39 Mol 04/10/2026

	25M	50M	75M	100M	
PB		no time		00:59.31	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: