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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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 : 7 Athlete: VAN DE GENDER WOUT — **Q-time: 02:15:09**

PB (25m pool): 02:15.09 EEKLO 04/10/2026 **PB (50m pool):** 02:18.25 **SB:** 02:15.09 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.96		01:04.43		no time		02:15.09
		00:30.96		*00:33.47*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/6 Lane : 7 Athlete: VAN DE GENDER WOUT — **Q-time: 01:02:83**

PB (25m pool): 01:02.83 Temse 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M
PB		00:29.16		01:02.83
		00:29.16		*00:33.67*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 1500M FREESTYLE WOMEN — Heat:1, starttime: 11:27

Heat: 1/1 Lane : 5 Athlete: DELPORTE LOTTE — **Q-time: 18:08:57**

PB (25m pool): 18:08.57 Zwevegem 26/10/2025 **PB (50m pool):** no time **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:33.33	01:08.74	01:44.70	02:20.89	02:56.88	03:33.36	04:09.94	04:46.57
	00:33.33	*00:35.41*	*00:35.96*	*00:36.19*	*00:35.99*	*00:36.48*	*00:36.58*	*00:36.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	450M	**500M**	**550M**	**600M**	**650M**	**700M**	**750M**	**800M**
PB	05:22.87	05:59.65	06:36.62	07:13.25	07:50.06	08:27.06	09:03.32	09:40.12
	00:36.30	*00:36.78*	*00:36.97*	*00:36.63*	*00:36.81*	*00:37.00*	*00:36.26*	*00:36.80*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	850M	**900M**	**950M**	**1000M**	**1050M**	**1100M**	**1150M**	**1200M**
PB	10:17.06	10:53.94	11:30.94	12:07.86	12:44.67	13:20.86	13:56.98	14:33.34
	00:36.94	*00:36.88*	*00:37.00*	*00:36.92*	*00:36.81*	*00:36.19*	*00:36.12*	*00:36.36*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	1150M	**1300M**	**1350M**	**1400M**	**1450M**	**1500M**		
PB	15:10.02	15:46.89	16:23.39	16:59.59	17:35.19	18:08.57		
	00:36.68	*00:36.87*	*00:36.50*	*00:36.20*	*00:35.60*	*00:33.38*		
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Coach feedback: