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

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

Coaches: Leemans Mats

Coaches: Januarius Bart HEADCOACH

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

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

Heat: 5/5 Lane : 3 Athlete: THIéBAUT NOAH — **Q-time: 00:55:75**

PB (25m pool): 00:57.14 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:55.75 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:26.86		00:57.14	
		00:26.86		*00:30.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 3 Athlete: NAZARUK NICOLE — **Q-time: 01:04:46**

PB (25m pool): 01:03.60 Diksmuide 19/11/2023 **PB (50m pool):** 01:05.87 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:03.60	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 2 Athlete: CLEYMANS KARSTEN — **Q-time: 01:05:22**

PB (25m pool): 01:05.22 Leuven 12/10/2025 **PB (50m pool):** 01:07.04 **SB:** 01:06.45 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.93		01:05.22	
		00:29.93		*00:35.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/5 Lane : 5 Athlete: CLEYMANS TORBEN — **Q-time: 01:02:17**

PB (25m pool): 01:02.17 LEUVEN 21/12/2025 **PB (50m pool):** 01:04.94 **SB:** 01:05.33 Leuven 04/10/2026

	25M	50M	75M	100M	
PB		no time		01:02.17	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 1 Athlete: HENNEAU LOTTE — **Q-time: 00:35:77**

PB (25m pool): 00:35.83 Leuven 04/10/2026 **PB (50m pool):** 00:35.77 **SB:** 00:35.83 Leuven 04/10/2026

	25M	50M	
PB		00:35.83	
	00:35.83		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 1 Athlete: CLEYMANS TORBEN — **Q-time: 00:23:91**

PB (25m pool): 00:23.91 Tervuren 10/10/2026 **PB (50m pool):** 00:25.20 **SB:** 00:23.91 Tervuren 10/10/2026

	25M	50M	
PB		00:23.91	
	00:23.91		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 7 Athlete: THIéBAUT NOAH — **Q-time: 00:23:70**

PB (25m pool): 00:23.70 Sint-Pieters-Leeuw 01/03/2026 **PB (50m pool):** 00:23.95 **SB:** no time

	25M	50M	
PB		00:23.70	
	00:23.70		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 3 Athlete: NAZARUK NICOLE — **Q-time: 00:29:49**

PB (25m pool): 00:29.48 Aachen 11/10/2026 — **PB (50m pool):** 00:30.12 **SB:** 00:29.48 Aachen 11/10/2026

	25 M	50 M	
PB		00:29.48	
	00:29.48		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 4 Athlete: CLEYMANS KARSTEN — **Q-time: 01:01:69**

PB (25m pool): 01:01.69 Tervuren 10/10/2026 — **PB (50m pool):** no time **SB:** 01:01.69 Tervuren 10/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:01.69	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: