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

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

Coaches: Michiels Hans HEADCOACH

Coaches: Hanssens Yash

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

Event number: 1: 100M BUTTERFLY MEN — Heat:1, starttime: 10:00

Heat: 1/5 Lane : 4 Athlete: BOODTS GERBEN — **Q-time: 01:01:11**

PB (25m pool): 01:01.11 TEMSE 23/11/2025 **PB (50m pool):** 01:00.75 **SB:** 01:02.78 EEKLO 04/10/2026

	25M	50M	75M	100M
PB		00:28.37		01:01.11
		00:28.37		*00:32.74*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 4: 400M MEDLEY WOMEN — Heat:1, starttime: 10:20

Heat: 1/2 Lane : 5 Athlete: DE BONT SAM — **Q-time: 05:00:49**

PB (25m pool): 04:51.83 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 04:58.29 **SB:** 05:00.49 EEKLO 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:31.24		01:07.13		01:45.89		02:24.31
		00:31.24		*00:35.89*		*00:38.76*		*00:38.42*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:05.21		03:46.81		04:19.72		04:51.83
		00:40.90		*00:41.60*		*00:32.91*		*00:32.11*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/4 Lane : 4 Athlete: LAGEY LISELOTTE — **Q-time: 00:31:57**

PB (25m pool): 00:32.48 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:32.88 **SB:** 00:32.48 Zwembad De Wauwer 13/09/2026

	25M	50M
PB		00:32.48
		00:32.48
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 8: 200M FREESTYLE WOMEN — Heat:1, starttime: 10:56

Heat: 1/3 Lane : 4 Athlete: MICHIELS NORE — **Q-time: 01:59:34**

PB (25m pool): 01:59.34 Gent 09/11/2025 **PB (50m pool):** 02:02.23 **SB:** 02:00.96 Aachen 11/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:27.81		00:57.82		01:28.67		01:59.34
		00:27.81		*00:30.01*		*00:30.85*		*00:30.67*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:1, starttime: 11:17

Heat: 1/6 Lane : 5 Athlete: BOODTS GERBEN — **Q-time: 01:04:30**

PB (25m pool): 01:03.92 Eeklo 01/04/2024 **PB (50m pool):** no time **SB:** 01:04.77 Durmehal 27/09/2026

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

Coach feedback: