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

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

Coaches: Desmet Carl HEADCOACH

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

Event number: 1: 100M BUTTERFLY MEN — Heat:3, starttime: 10:03

Heat: 3/5 Lane : 4 Athlete: WAERNIERS BERE — **Q-time: 00:53:93**

PB (25m pool): 00:53.93 Gent 09/11/2025 **PB (50m pool):** 00:54.44 **SB:** no time

	25M	50M	75M	100M	
PB		00:25.18		00:53.93	
		00:25.18		*00:28.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 4 Athlete: HUYGHELIER LOEK — **Q-time: 00:59:85**

PB (25m pool): 00:59.85 Gent 09/11/2025 **PB (50m pool):** 01:02.22 **SB:** no time

	25M	50M	75M	100M	
PB		00:27.83		00:59.85	
		00:27.83		*00:32.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 5 Athlete: WAERNIERS BERE — **Q-time: 03:52:25**

PB (25m pool): 03:52.25 Aachen 11/10/2026 **PB (50m pool):** 04:06.05 **SB:** 03:52.25 Aachen 11/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:26.48		00:54.89		01:24.06		01:53.34
		00:26.48		*00:28.41*		*00:29.17*		*00:29.28*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:22.39		02:52.05		03:22.04		03:52.25
		00:29.05		*00:29.66*		*00:29.99*		*00:30.21*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: