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

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

Coaches: Heyligen Bert

Coaches: Spincemaille Laura

Coaches: Mabbe Andy HEADCOACH

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

Event number: 5: 100M BREASTSTROKE MEN — Heat:4, starttime: 10:37

Heat: 4/5 Lane : 2 Athlete: VANDENDORPE EMILE — **Q-time: 01:04:64**

PB (25m pool): 01:04.64 Gent 09/11/2025 **PB (50m pool):** 01:07.47 **SB:** 01:06.25 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.23		01:04.64	
	00:30.23		*00:34.41*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:1, starttime: 10:41

Heat: 1/4 Lane : 5 Athlete: PARMENTIER LORE — **Q-time: 00:37:05**

PB (25m pool): 00:36.07 Brugge 20/10/2024 **PB (50m pool):** 00:35.98 **SB:** 00:38.63 Brugge 04/10/2026

	25 M	50 M	
PB		00:36.07	
	00:36.07		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:3, starttime: 11:07

Heat: 3/6 Lane : 6 Athlete: VANDENDORPE EMILE — **Q-time: 00:24:39**

PB (25m pool): 00:24.39 Ettelbruck 19/04/2026 **PB (50m pool):** 00:25.77 **SB:** 00:24.59 Waregem 26/09/2026

	25 M	50 M	
PB		00:24.39	
	00:24.39		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 10: 50M BACKSTROKE WOMEN **Heat:3, starttime: 11:14**

Heat: 3/4 Lane : 8 Athlete: PARMENTIER LORE **Q-time: 00:31:64**

PB (25m pool): 00:31.64 Gent 09/11/2025 **PB (50m pool):** 00:32.20 **SB:** 00:32.87 Waregem 26/09/2026

	25 M	50 M	
PB		00:31.64	
		00:31.64	
	. . : . . : . .	. . : . . : . .	

Coach feedback: