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

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

Coaches: Van Olmen Jill

Coaches: Vandepaer Lisa

Coaches: Mertens Wenke

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 : 3 Athlete: HAESENDONCKX JARNE — **Q-time: 01:01:73**

PB (25m pool): 01:01.73 Herentals 09/05/2026 **PB (50m pool):** 01:02.32 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:27.79		01:01.73	
		00:27.79		*00:33.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 6 Athlete: VAN WAELDEREN THOMAS — **Q-time: 00:56:43**

PB (25m pool): 00:56.43 Herentals 09/05/2026 **PB (50m pool):** 00:57.57 **SB:** 00:59.02 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.41		00:56.43	
		00:26.41		*00:30.02*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BREASTSTROKE MEN — Heat:1, starttime: 10:32

Heat: 1/5 Lane : 4 Athlete: HAESENDONCKX JARNE — **Q-time: 01:11:30**

PB (25m pool): 01:11.30 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:16.63 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.93		01:11.30	
		00:32.93		*00:38.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN — Heat:1, starttime: 11:05

Heat: 1/6 Lane : 5 Athlete: SLUYTS JENNE — **Q-time: 00:25:09**

PB (25m pool): 00:25.09 Herentals 09/05/2026 **PB (50m pool):** 00:25.87 **SB:** 00:25.59 Mol 04/10/2026

	25 M	50 M	
PB		00:25.09	
	00:25.09		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:2, starttime: 11:06

Heat: 2/6 Lane : 1 Athlete: HAESENDONCKX JARNE — **Q-time: 00:24:94**

PB (25m pool): 00:24.94 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:25.10 **SB:** 00:25.68 Mol 04/10/2026

	25 M	50 M	
PB		00:24.94	
	00:24.94		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 6 Athlete: HAESENDONCKX JARNE — **Q-time: 01:02:34**

PB (25m pool): 01:02.34 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:28.35		01:02.34	
	00:28.35		*00:33.99*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:6, starttime: 11:25

Heat: 6/6 Lane : 3 Athlete: VAN WAELDEREN THOMAS — **Q-time: 00:57:95**

PB (25m pool): 00:57.95 Herentals 09/05/2026 **PB (50m pool):** no time **SB:** 00:59.94 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.53		00:57.95	
	00:26.53		*00:31.42*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: