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

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

Coaches: Tieghem Kristof

Coaches: Debeuckelaere Sindy HEADCOACH

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

Event number: 1: 100M BUTTERFLY MEN — Heat:2, starttime: 10:02

Heat: 2/5 Lane : 2 Athlete: THYVELEN WOUT — **Q-time: 01:00:36**

PB (25m pool): 01:00.36 Nijlen 16/11/2025 **PB (50m pool):** 01:01.13 **SB:** 01:01.66 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.89		01:00.36	
		00:27.89		*00:32.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN — Heat:1, starttime: 10:08

Heat: 1/3 Lane : 2 Athlete: MIGOM LOBKE — **Q-time: 01:08:60**

PB (25m pool): 01:08.60 Nijlen 16/11/2025 **PB (50m pool):** 01:11.10 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.66		01:08.60	
		00:31.66		*00:36.94*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 3: 200M BACKSTROKE MEN — Heat:1, starttime: 10:13

Heat: 1/2 Lane : 1 Athlete: EECKHOUT SIEBEN — **Q-time: 02:15:55**

PB (25m pool): 02:15.55 Diksmuide 09/03/2025 **PB (50m pool):** 02:21.19 **SB:** 02:17.24 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.26		01:06.53		01:41.27		02:15.55
		00:32.26		*00:34.27*		*00:34.74*		*00:34.28*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/5 Lane : 5 Athlete: SALOMEZ HAAKON — **Q-time: 01:11:32**

PB (25m pool): 01:11.05 Diksmuide 29/12/2024 **PB (50m pool):** 01:13.00 **SB:** 01:11.82 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.73		01:11.05	
		00:33.73		*00:37.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/5 Lane : 8 Athlete: DELPORTE NIO — **Q-time: 01:06:91**

PB (25m pool): 01:06.91 Zwevegem 31/05/2026 **PB (50m pool):** 01:08.04 **SB:** 01:07.50 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.26		01:06.91	
		00:31.26		*00:35.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 8 Athlete: THYVELEN WOUT — **Q-time: 01:06:90**

PB (25m pool): 01:06.23 Ettelbruck 21/04/2024 **PB (50m pool):** 01:09.47 **SB:** 01:09.08 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:06.23	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 2 Athlete: EECKHOUT FLEUR — **Q-time: 00:34:49**

PB (25m pool): 00:34.49 Ettelbruck 19/04/2026 **PB (50m pool):** 00:35.23 **SB:** 00:35.02 Brugge 04/10/2026

	25 M	50 M	
PB		00:34.49	
		00:34.49	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 10: 50M BACKSTROKE WOMEN — Heat:2, starttime: 11:12

Heat: 2/4 Lane : 8 Athlete: EECKHOUT FLEUR — **Q-time: 00:31:76**

PB (25m pool): 00:31.76 Ettelbruck 19/04/2026 **PB (50m pool):** 00:33.05 **SB:** no time

	25 M	50 M	
PB		00:31.76	
	00:31.76		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 1 Athlete: MIGOM LOBKE — **Q-time: 00:31:50**

PB (25m pool): 00:31.50 DIKSMUIDE 30/11/2025 **PB (50m pool):** 00:32.50 **SB:** 00:31.68 Brugge 04/10/2026

	25 M	50 M	
PB		00:31.50	
	00:31.50		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:2, starttime: 11:19

Heat: 2/6 Lane : 4 Athlete: EECKHOUT SIEBEN — **Q-time: 01:03:50**

PB (25m pool): 01:03.50 Diksmuide 08/02/2026 **PB (50m pool):** no time **SB:** 01:04.43 Meulebeke 24/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.09		01:03.50	
	00:29.09		*00:34.41*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 100M MEDLEY MEN — Heat:4, starttime: 11:22

Heat: 4/6 Lane : 7 Athlete: THYVELEN WOUT — **Q-time: 01:00:64**

PB (25m pool): 01:00.41 Diksmuide 29/12/2024 **PB (50m pool):** no time **SB:** 01:02.41 Meulebeke 24/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.58		01:00.41	
	00:27.58		*00:32.83*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 8 Athlete: DELPORTE NIO **Q-time: 01:00:95**

PB (25m pool): 01:00.95 Zwevegem 31/05/2026 **PB (50m pool):** no time **SB:** 01:01.56 Brugge 04/10/2026

	25M	50M	75M	100M	
PB		00:28.27		01:00.95	
		00:28.27		*00:32.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: