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

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

Coaches: Okens Jari HEADCOACH

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

Event number: 5: 100M BREASTSTROKE MEN — Heat:5, starttime: 10:39

Heat: 5/5 Lane : 7 Athlete: VAN HUMBEECK SEAN — **Q-time: 01:05:74**

PB (25m pool): 01:05.74 Gent 09/11/2025 **PB (50m pool):** 01:08.91 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:30.68		01:05.74	
		00:30.68		*00:35.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 3 Athlete: JACOBS LAURIEN — **Q-time: 00:37:06**

PB (25m pool): 00:37.06 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** 00:38.53 **SB:** 00:37.36 Leuven 04/10/2026

	25 M	50 M	
PB		00:37.06	
		00:37.06	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/6 Lane : 3 Athlete: VAN HUMBEECK SEAN — **Q-time: 00:25:11**

PB (25m pool): 00:24.94 Zwevegem 30/04/2023 **PB (50m pool):** 00:25.71 **SB:** 00:25.11 Leuven 04/10/2026

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

Coach feedback:

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

Event number: 10: 50M BACKSTROKE WOMEN — Heat:4, starttime: 11:15

Heat: 4/4 Lane : 2 Athlete: DALEMANS LYN — **Q-time: 00:30:52**

PB (25m pool): 00:30.52 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:31.26 **SB:** 00:31.48 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:30.52	
	00:30.52		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 7 Athlete: VAN HUMBEECK SEAN — **Q-time: 01:00:39**

PB (25m pool): 01:00.39 Leuven 04/10/2026 **PB (50m pool):** no time **SB:** 01:00.39 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.01		01:00.39	
	00:28.01		*00:32.38*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: