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

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

Coaches: Vereecken Sven

Coaches: Dillen Toon 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 : 2 Athlete: MICHOEL QUINTEN — **Q-time: 00:57:25**

PB (25m pool): 00:57.25 Herentals 09/05/2026 **PB (50m pool):** 00:58.26 **SB:** 00:57.34 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.43		00:57.25	
		00:26.43		*00:30.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/2 Lane : 3 Athlete: VAN TILBURG MATTHIAS — **Q-time: 02:10:76**

PB (25m pool): 02:10.76 Gent 09/11/2025 **PB (50m pool):** 02:16.00 **SB:** 02:15.28 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.28		01:01.32		01:35.94		02:10.76
		00:29.28		*00:32.04*		*00:34.62*		*00:34.82*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/6 Lane : 5 Athlete: MICHOEL QUINTEN — **Q-time: 00:24:25**

PB (25m pool): 00:24.25 Mol 04/10/2026 **PB (50m pool):** 00:24.72 **SB:** 00:24.25 Mol 04/10/2026

	25 M	50 M	
PB		00:24.25	
		00:24.25	
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Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN	Heat:6, starttime: 11:09
Heat: 6/6 Lane : 8 Athlete: VAN TILBURG MATTHIAS	**Q-time: 00:24:02**

PB (25m pool): 00:24.02 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:24.69 **SB:** 00:24.07 Mol 04/10/2026

	25M	50M	
PB		00:24.02	
		00:24.02	
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Coach feedback: