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

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

Coaches: Houtevelt Kyllian

Coaches: Segers Ellen HEADCOACH

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

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

Heat: 1/2 Lane : 6 Athlete: VOLCKAERT MATTHIAS — **Q-time: 02:12:84**

PB (25m pool): 02:12.84 Leuven 04/10/2026 **PB (50m pool):** 02:16.02 **SB:** 02:12.84 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.12		01:05.01		01:39.60		02:12.84
		00:31.12		*00:33.89*		*00:34.59*		*00:33.24*
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Coach feedback:

Event number: 7: 400M FREESTYLE MEN — Heat:1, starttime: 10:46

Heat: 1/2 Lane : 6 Athlete: VOLCKAERT MATTHIAS — **Q-time: 04:13:05**

PB (25m pool): 04:13.05 Sint-Pieters-Leeuw 18/10/2026 **PB (50m pool):** 04:21.61 **SB:** 04:13.05 Sint-Pieters-Leeuw 18/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:27.81		00:59.35		no time		02:04.66
		00:27.81		*00:31.54*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		04:13.05
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: