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

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

Coaches: Geebelen Inge HEADCOACH

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

Event number: 8: 200M FREESTYLE WOMEN — Heat:1, starttime: 10:56

Heat: 1/3 Lane : 5 Athlete: VERDONCK FLEUR — **Q-time: 02:00:21**

PB (25m pool): 02:00.83 Gent 09/11/2025 **PB (50m pool):** 01:59.79 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:28.42		00:58.74		01:30.07		02:00.83
		00:28.42		*00:30.32*		*00:31.33*		*00:30.76*
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Coach feedback:

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

Heat: 4/4 Lane : 4 Athlete: VERDONCK FLEUR — **Q-time: 00:27:56**

PB (25m pool): 00:27.56 Gent 09/11/2025 **PB (50m pool):** 00:28.84 **SB:** no time

	25M	50M	
PB		00:27.56	
		00:27.56	
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Coach feedback: