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

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

Coaches: Meyers Sepp

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

Event number: 1: 100M BUTTERFLY MEN — Heat:4, starttime: 10:05

Heat: 4/5 Lane : 3 Athlete: VANHAMEL YONAS — **Q-time: 00:56:17**

PB (25m pool): 00:56.17 Gent 09/11/2025 **PB (50m pool):** 00:56.73 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:26.09		00:56.17	
		00:26.09		*00:30.08*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN — Heat:5, starttime: 10:06

Heat: 5/5 Lane : 2 Athlete: LAUREYSSENS LUKAS — **Q-time: 00:56:52**

PB (25m pool): 00:56.52 Mol 04/10/2026 **PB (50m pool):** 00:56.72 **SB:** 00:56.52 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.66		00:56.52	
		00:26.66		*00:29.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BUTTERFLY MEN — Heat:5, starttime: 10:06

Heat: 5/5 Lane : 4 Athlete: LAUREYSSENS DANIEL — **Q-time: 00:52:95**

PB (25m pool): 00:52.95 Mol 28/12/2025 **PB (50m pool):** 00:53.68 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:24.10		00:52.95	
		00:24.10		*00:28.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/5 Lane : 3 Athlete: MENNEN RUBEN — **Q-time: 01:02:94**

PB (25m pool): 01:03.76 Gent 09/11/2025 **PB (50m pool):** 01:02.94 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:29.40		01:03.76	
	00:29.40		*00:34.36*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:4, starttime: 10:44

Heat: 4/4 Lane : 2 Athlete: VERCAMMEN FLEUR — **Q-time: 00:34:05**

PB (25m pool): 00:34.08 Sportoase De Watermolen 21/07/2026 **PB (50m pool):** 00:34.05 **SB:** 00:35.39 Nijlen 18/10/2026

	25 M	50 M	
PB		00:34.08	
	00:34.08		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:4, starttime: 11:08

Heat: 4/6 Lane : 3 Athlete: LAUREYSSENS DANIEL — **Q-time: 00:23:00**

PB (25m pool): 00:24.00 Zwembad De Druppelteen 17/04/2022 **PB (50m pool):** 00:23.00 **SB:** no time

	25 M	50 M	
PB		00:24.00	
	00:24.00		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M FREESTYLE MEN — Heat:5, starttime: 11:09

Heat: 5/6 Lane : 6 Athlete: VANHAMEL YONAS — **Q-time: 00:23:13**

PB (25m pool): 00:23.13 Gent 09/11/2025 **PB (50m pool):** 00:23.59 **SB:** no time

	25 M	50 M	
PB		00:23.13	
	00:23.13		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 9: 50M FREESTYLE MEN **Heat:6, starttime: 11:09**

Heat: 6/6 Lane : 2 Athlete: LAUREYSSENS LUKAS **Q-time: 00:23:41**

PB (25m pool): 00:23.41 Mol 04/10/2026 **PB (50m pool):** 00:24.16 **SB:** 00:23.41 Mol 04/10/2026

	25 M	50 M	
PB		00:23.41	
		00:23.41	
	. . : . . : . .	. . : . . : . .	

Coach feedback: