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

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

Coaches: Van Campenhout Sigrid

Coaches: Jacob Sven

Coaches: De Herdt Els HEADCOACH

Coaches: De Weerdt Koen

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

Event number: 2: 100M BUTTERFLY WOMEN — Heat:2, starttime: 10:10

Heat: 2/3 Lane : 7 Athlete: JACOBS LOTTE — **Q-time: 01:10:65**

PB (25m pool): 01:10.65 Heist-op-den-Berg 10/01/2026 **PB (50m pool):** 01:12.32 **SB:** 01:11.96 Mol 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.83		01:10.65	
	00:32.83		*00:37.82*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 50M BREASTSTROKE WOMEN — Heat:3, starttime: 10:43

Heat: 3/4 Lane : 1 Athlete: JACOBS LOTTE — **Q-time: 00:35:71**

PB (25m pool): 00:35.71 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:37.55 **SB:** no time

	2 5 M	5 0 M	
PB		00:35.71	
	00:35.71		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/6 Lane : 1 Athlete: DOOMEN MARNIX — **Q-time: 00:25:36**

PB (25m pool): 00:25.36 Hoogstraten 27/09/2026 **PB (50m pool):** 00:25.64 **SB:** 00:25.36 Hoogstraten 27/09/2026

	2 5 M	5 0 M	
PB		00:25.36	
	00:25.36		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 11: 100M MEDLEY MEN **Heat:3, starttime: 11:20**

Heat: 3/6 Lane : 8 Athlete: DOOMEN MARNIX **Q-time: 01:03:48**

PB (25m pool): **01:03.48** **Stedelijk Zwembad Geel 15/02/2026** **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:29.32		01:03.48	
		00:29.32		*00:34.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: