# Open Flanders SC: Session: 3: COACH Evaluation sheet for TEAM: AZK

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

**Coaches: Michielsen Matthias HEADCOACH**

**Coaches: Smets Mark**

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

## Event number: 17: 50M BUTTERFLY WOMEN — Heat:2, starttime: 10:32

**Heat: 2/4 Lane : 7 Athlete: BROUWERS MISCHA** — **Q-time: 00:30:04**

**PB (25m pool): 00:30.04 Stedelijk Zwembad Geel 15/02/2026** **PB (50m pool):** 00:35.35 **SB:** 00:30.19 Mol 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:30.04 | |
| | *00:30.04* | | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 18: 50M BREASTSTROKE MEN — Heat:3, starttime: 10:37

**Heat: 3/6 Lane : 7 Athlete: VAN LOON WIES** — **Q-time: 00:31:21**

**PB (25m pool): 00:31.21 Antwerpen 12/10/2025** **PB (50m pool):** 00:31.74 **SB:** 00:31.95 Mol 04/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:31.21 | |
| | *00:31.21* | | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 19: 200M BACKSTROKE WOMEN — Heat:2, starttime: 10:45

**Heat: 2/3 Lane : 6 Athlete: MICHIELSEN JINTHE** — **Q-time: 02:25:31**

**PB (25m pool): 02:25.31 Mol 04/10/2026** **PB (50m pool):** 02:35.84 **SB:** 02:25.31 Mol 04/10/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:34.00 | | 01:11.05 | | 01:48.26 | | 02:25.31 |
| | | *00:34.00* | | *00:37.05* | | *00:37.21* | | *00:37.05* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Open Flanders SC: Session: 3: COACH Evaluation sheet for TEAM: AZK

**Event number: 21: 100M FREESTYLE WOMEN** **Heat:1, starttime: 11:01**

**Heat: 1/4 Lane : 1 Athlete: MICHIELSEN JINTHE** **Q-time: 01:01:88**

**PB (25m pool): 01:01.88 Mol 04/10/2026** **PB (50m pool):** 01:05.14 **SB:** 01:01.88 Mol 04/10/2026

| | 25M | 50M | 75M | 100M | |
|---|---|---|---|---|---|
| PB | | 00:29.75 | | 01:01.88 | |
| | | *00:29.75* | | *00:32.13* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback: