Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

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

Coaches: Hoffmann Serge HEADCOACH

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

Event number: 13: 200M MEDLEY WOMEN — Heat:1, starttime: 10:00

Heat: 1/2 Lane : 7 Athlete: SPRANGERS KATO — **Q-time: 02:30:50**

PB (25m pool): 02:30.50 Mol 28/12/2025 **PB (50m pool):** 02:31.50 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:33.43		01:11.40		01:57.01		02:30.50
		00:33.43		*00:37.97*		*00:45.61*		*00:33.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 13: 200M MEDLEY WOMEN — Heat:2, starttime: 10:03

Heat: 2/2 Lane : 5 Athlete: METZEMAKERS LéA — **Q-time: 02:21:62**

PB (25m pool): 02:21.62 Aachen 12/10/2025 **PB (50m pool):** 02:23.31 **SB:** 02:22.91 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.21		01:05.18		01:48.72		02:21.62
		00:30.21		*00:34.97*		*00:43.54*		*00:32.90*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:2, starttime: 10:08

Heat: 2/8 Lane : 2 Athlete: GORIS RUBEN — **Q-time: 00:54:82**

PB (25m pool): 00:54.07 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:56.51 **SB:** 00:54.07 Sint-Amandsberg 18/10/2026

	25M	50M	75M	100M	
PB		00:26.06		00:54.07	
		00:26.06		*00:28.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 14: 100M FREESTYLE MEN — Heat:2, starttime: 10:08

Heat: 2/8 Lane : 3 Athlete: OPDENBERGH MERLIJN — **Q-time: 00:54:81**

PB (25m pool): 00:54.70 Nijlen 17/11/2024 **PB (50m pool):** 00:55.95 **SB:** 00:56.08 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.86		00:54.70	
		00:25.86		*00:28.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:3, starttime: 10:10

Heat: 3/8 Lane : 6 Athlete: RAVELINGIEN TIBE — **Q-time: 00:54:29**

PB (25m pool): 00:54.29 Mol 04/10/2026 **PB (50m pool):** 00:54.02 **SB:** 00:54.29 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.07		00:54.29	
		00:26.07		*00:28.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:3, starttime: 10:10

Heat: 3/8 Lane : 8 Athlete: BAHLOULA NAEL — **Q-time: 00:54:41**

PB (25m pool): 00:54.41 Antwerpen 12/10/2025 **PB (50m pool):** 00:55.59 **SB:** 00:54.82 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.09		00:54.41	
		00:26.09		*00:28.32*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:5, starttime: 10:12

Heat: 5/8 Lane : 2 Athlete: VERVLOET RUWEN — **Q-time: 00:53:25**

PB (25m pool): 00:53.25 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:53.54 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:25.14		00:53.25	
		00:25.14		*00:28.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 14: 100M FREESTYLE MEN — **Heat:5, starttime: 10:12**

Heat: 5/8 Lane : 5 Athlete: NIJSKENS KAREL — **Q-time: 00:53:12**

PB (25m pool): 00:53.12 Mol 04/10/2026 **PB (50m pool):** 00:54.01 **SB:** 00:53.12 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.79		00:53.12	
		00:25.79		*00:27.33*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — **Heat:5, starttime: 10:12**

Heat: 5/8 Lane : 8 Athlete: SZABO PETER — **Q-time: 00:53:79**

PB (25m pool): 00:53.56 Mol 04/10/2026 **PB (50m pool):** 00:52.07 **SB:** 00:53.56 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.00		00:53.56	
		00:26.00		*00:27.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — **Heat:6, starttime: 10:14**

Heat: 6/8 Lane : 2 Athlete: KINDT LEVI — **Q-time: 00:51:57**

PB (25m pool): 00:51.57 Mol 04/10/2026 **PB (50m pool):** 00:52.77 **SB:** 00:51.57 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:24.75		00:51.57	
		00:24.75		*00:26.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — **Heat:7, starttime: 10:15**

Heat: 7/8 Lane : 4 Athlete: VAN HOOYDONCK VINCENT — **Q-time: 00:48:43**

PB (25m pool): 00:48.43 Gent 09/11/2025 **PB (50m pool):** 00:49.90 **SB:** 00:49.48 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:22.84		00:48.43	
		00:22.84		*00:25.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 14: 100M FREESTYLE MEN — Heat:8, starttime: 10:17

Heat: 8/8 Lane : 2 Athlete: BRACKE ERNO — **Q-time: 00:51:31**

PB (25m pool): 00:51.31 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:53.03 **SB:** 00:52.76 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:24.88		00:51.31	
		00:24.88		*00:26.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:8, starttime: 10:17

Heat: 8/8 Lane : 5 Athlete: LAMMENS SEPPE — **Q-time: 00:48:81**

PB (25m pool): 00:48.81 Gent 09/11/2025 PB (50m pool): 00:50.14 **SB:** 00:49.04 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:23.04		00:48.81	
		00:23.04		*00:25.77*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 100M BREASTSTROKE WOMEN — Heat:3, starttime: 10:22

Heat: 3/3 Lane : 1 Athlete: STREEP FLO — **Q-time: 01:17:93**

PB (25m pool): 01:17.93 Gent 23/02/2025 PB (50m pool): 01:20.11 **SB:** 01:19.50 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.14		01:17.93	
		00:36.14		*00:41.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 200M BUTTERFLY MEN — Heat:2, starttime: 10:27

Heat: 2/2 Lane : 3 Athlete: SZABO PETER — **Q-time: 02:09:46**

PB (25m pool): 02:06.13 Mol 04/10/2026 PB (50m pool): 02:07.07 **SB:** 02:06.13 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.53		00:59.40		01:32.36		02:06.13
		00:27.53		*00:31.87*		*00:32.96*		*00:33.77*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

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

Heat: 2/4 Lane : 6 Athlete: BROECKAERT NOA — **Q-time: 00:29:41**

PB (25m pool): 00:29.41 Mol 04/10/2026 **PB (50m pool):** 00:29.41 **SB:** 00:29.41 Mol 04/10/2026

	25 M	50 M	
PB		00:29.41	
	00:29.41		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:3, starttime: 10:33

Heat: 3/4 Lane : 6 Athlete: GENBRUGGE ÉLéA — **Q-time: 00:29:13**

PB (25m pool): 00:29.13 Mol 04/10/2026 **PB (50m pool):** 00:29.30 **SB:** 00:29.13 Mol 04/10/2026

	25 M	50 M	
PB		00:29.13	
	00:29.13		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:4, starttime: 10:34

Heat: 4/4 Lane : 3 Athlete: VAN DEN WYNGAERT ELIZABETH — **Q-time: 00:28:67**

PB (25m pool): 00:28.67 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:29.45 **SB:** 00:29.00 Mol 04/10/2026

	25 M	50 M	
PB		00:28.67	
	00:28.67		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:2, starttime: 10:36

Heat: 2/6 Lane : 2 Athlete: BAHLOULA NAEL — **Q-time: 00:32:07**

PB (25m pool): 00:32.07 Hoogstraten 28/09/2025 **PB (50m pool):** 00:32.97 **SB:** 00:32.71 Nijlen 18/10/2026

	25 M	50 M	
PB		00:32.07	
	00:32.07		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 18: 50M BREASTSTROKE MEN — Heat:4, starttime: 10:38

Heat: 4/6 Lane : 1 Athlete: DESPALLIER DAAN — **Q-time: 00:30:28**

PB (25m pool): 00:30.28 Mol 04/10/2026 **PB (50m pool):** 00:31.10 **SB:** 00:30.28 Mol 04/10/2026

	25 M	50 M	
PB		00:30.28	
	00:30.28		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:4, starttime: 10:38

Heat: 4/6 Lane : 3 Athlete: VERVLOET RUWEN — **Q-time: 00:28:99**

PB (25m pool): 00:28.99 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:29.04 **SB:** 00:29.03 Mol 04/10/2026

	25 M	50 M	
PB		00:28.99	
	00:28.99		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:6, starttime: 10:40

Heat: 6/6 Lane : 2 Athlete: METZEMAKERS NOA — **Q-time: 00:29:60**

PB (25m pool): 00:29.60 Mol 04/10/2026 **PB (50m pool):** 00:29.86 **SB:** 00:29.60 Mol 04/10/2026

	25 M	50 M	
PB		00:29.60	
	00:29.60		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN — Heat:1, starttime: 10:42

Heat: 1/3 Lane : 5 Athlete: KELDERMAN FRAN — **Q-time: 02:21:52**

PB (25m pool): 02:21.52 Gent 09/11/2025 **PB (50m pool):** 02:27.77 **SB:** 02:23.54 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.31		01:09.21		01:45.74		02:21.52
	00:33.31		*00:35.90*		*00:36.53*		*00:35.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

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

Heat: 2/3 Lane : 4 Athlete: BROECKAERT NOOR — **Q-time: 02:17:89**

PB (25m pool): 02:14.34 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 02:18.23 **SB:** 02:18.51 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.96		01:05.63		01:40.32		02:14.34
		00:30.96		*00:34.67*		*00:34.69*		*00:34.02*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/3 Lane : 5 Athlete: HEIJL OLIVIA — **Q-time: 02:20:67**

PB (25m pool): 02:20.67 Gent 09/11/2025 **PB (50m pool):** 02:22.16 **SB:** 02:25.43 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.60		01:08.30		01:44.32		02:20.67
		00:32.60		*00:35.70*		*00:36.02*		*00:36.35*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN — Heat:3, starttime: 10:49

Heat: 3/3 Lane : 3 Athlete: SPRANGERS KATO — **Q-time: 02:22:50**

PB (25m pool): 02:22.50 Gent 09/11/2025 **PB (50m pool):** 02:27.23 **SB:** 02:26.53 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.50		01:09.58		01:46.19		02:22.50
		00:33.50		*00:36.08*		*00:36.61*		*00:36.31*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:3, starttime: 10:55

Heat: 3/6 Lane : 7 Athlete: BAHLOULA NAEL — **Q-time: 00:28:77**

PB (25m pool): 00:28.77 Mol 04/10/2026 **PB (50m pool):** 00:29.77 **SB:** 00:28.77 Mol 04/10/2026

	25 M	50 M
PB		00:28.77
		00:28.77
	. . : . . : . .	. . : . . : . .

Coach feedback:

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 20: 50M BACKSTROKE MEN — Heat:5, starttime: 10:58

Heat: 5/6 Lane : 7 Athlete: GORIS RUBEN — **Q-time: 00:27:75**

PB (25m pool): 00:27.75 Mol 04/10/2026 **PB (50m pool):** 00:28.65 **SB:** 00:27.75 Mol 04/10/2026

	25 M	50 M	
PB		00:27.75	
		00:27.75	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 4 Athlete: STREEP FLO — **Q-time: 01:00:25**

PB (25m pool): 01:00.25 Gent 23/02/2025 **PB (50m pool):** 01:01.62 **SB:** 01:00.90 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.37		01:00.25	
		00:28.37		*00:31.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN — Heat:3, starttime: 11:04

Heat: 3/4 Lane : 2 Athlete: METZEMAKERS LéA — **Q-time: 00:58:14**

PB (25m pool): 00:57.11 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:57.82 **SB:** 00:58.27 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.73		00:57.11	
		00:27.73		*00:29.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN — Heat:3, starttime: 11:04

Heat: 3/4 Lane : 5 Athlete: RAVELINGIEN LANA — **Q-time: 00:55:38**

PB (25m pool): 00:55.38 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:56.30 **SB:** 00:57.42 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.64		00:55.38	
		00:26.64		*00:28.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 21: 100M FREESTYLE WOMEN — Heat:3, starttime: 11:04

Heat: 3/4 Lane : 8 Athlete: BROECKAERT NOA — **Q-time: 00:59:90**

PB (25m pool): 00:59.90 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:00.37 **SB:** 01:01.11 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.94		00:59.90	
		00:28.94		*00:30.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN — Heat:4, starttime: 11:06

Heat: 4/4 Lane : 1 Athlete: GENBRUGGE ÉLéA — **Q-time: 00:59:27**

PB (25m pool): 00:59.27 Mol 04/10/2026 **PB (50m pool):** 01:01.38 **SB:** 00:59.27 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.01		00:59.27	
		00:28.01		*00:31.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN — Heat:4, starttime: 11:06

Heat: 4/4 Lane : 6 Athlete: VAN DEN WYNGAERT ELIZABETH — **Q-time: 00:56:65**

PB (25m pool): 00:56.65 Gent 09/11/2025 **PB (50m pool):** 00:57.80 **SB:** 00:57.51 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.24		00:56.65	
		00:27.24		*00:29.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 400M MEDLEY MEN — Heat:1, starttime: 11:08

Heat: 1/2 Lane : 3 Athlete: DESPALLIER DAAN — **Q-time: 04:38:19**

PB (25m pool): 04:38.19 Mol 04/10/2026 **PB (50m pool):** 04:35.92 **SB:** 04:38.19 Mol 04/10/2026

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:28.81		01:03.18		01:39.26		02:15.04
		00:28.81		*00:34.37*		*00:36.08*		*00:35.78*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225 M	**250 M**	**275 M**	**300**	**325**	**350**	**375**	**400 M**
PB		02:53.00		03:31.82		04:04.88		04:38.19
		00:37.96		*00:38.82*		*00:33.06*		*00:33.31*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Open Flanders SC: Session: 3: COACH evaluation sheet for TEAM: BRABO

Event number: 22: 400M MEDLEY MEN — Heat:2, starttime: 11:13

Heat: 2/2 Lane : 6 Athlete: METZEMAKERS NOA — **Q-time: 04:38:42**

PB (25m pool): 04:38.42 Gent 09/11/2025 **PB (50m pool):** 04:35.24 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:28.82		01:03.51		01:40.65		02:17.56
		00:28.82		*00:34.69*		*00:37.14*		*00:36.91*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

	225M	250M	275M	300	325	350	375	400M
PB		02:55.50		03:34.61		04:07.29		04:38.42
		00:37.94		*00:39.11*		*00:32.68*		*00:31.13*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 23: 100M MEDLEY WOMEN — Heat:2, starttime: 11:21

Heat: 2/4 Lane : 3 Athlete: KELDERMAN FRAN — **Q-time: 01:07:26**

PB (25m pool): 01:07.26 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M
PB		00:31.56		01:07.26
		00:31.56		*00:35.70*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 23: 100M MEDLEY WOMEN — Heat:3, starttime: 11:22

Heat: 3/4 Lane : 7 Athlete: STREEP FLO — **Q-time: 01:09:53**

PB (25m pool): 01:09.53 Temse 21/12/2025 **PB (50m pool):** no time **SB:** 01:10.31 Mol 04/10/2026

	25M	50M	75M	100M
PB		00:32.13		01:09.53
		00:32.13		*00:37.40*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: