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

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

Coaches: Smet Kathleen HEADCOACH

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

Event number: 14: 100M FREESTYLE MEN — Heat:4, starttime: 10:11

Heat: 4/8 Lane : 1 Athlete: KOPRIVA ILIO — **Q-time: 00:54:03**

PB (25m pool): 00:54.03 Hasselt 12/10/2025 **PB (50m pool):** 00:55.62 **SB:** 00:54.35 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		00:54.03	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:4, starttime: 10:11

Heat: 4/8 Lane : 4 Athlete: JORISSEN RUBE — **Q-time: 00:53:84**

PB (25m pool): 00:53.84 Hasselt 04/10/2026 **PB (50m pool):** 00:56.72 **SB:** 00:53.84 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.69		00:53.84	
	00:25.69		*00:28.15*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 100M BREASTSTROKE WOMEN — Heat:1, starttime: 10:18

Heat: 1/3 Lane : 1 Athlete: MOORS YANA — **Q-time: 01:19:99**

PB (25m pool): 01:19.99 Hasselt 12/10/2025 **PB (50m pool):** 01:21.95 **SB:** 01:20.88 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:38.07		01:19.99	
	00:38.07		*00:41.92*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 15: 100M BREASTSTROKE WOMEN — Heat:1, starttime: 10:18

Heat: 1/3 Lane : 4 Athlete: VERSTREPEN SIEL — **Q-time: 01:08:37**

PB (25m pool): 01:08.37 Aarschot 26/04/2026 **PB (50m pool):** 01:09.66 **SB:** 01:08.85 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.79		01:08.37	
		00:31.79		*00:36.58*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 100M BREASTSTROKE WOMEN — Heat:2, starttime: 10:20

Heat: 2/3 Lane : 1 Athlete: VANHEES ELLA — **Q-time: 01:18:30**

PB (25m pool): 01:18.30 Bree 21/12/2025 **PB (50m pool):** 01:19.43 **SB:** 01:19.17 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.85		01:18.30	
		00:36.85		*00:41.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 6 Athlete: VERTESSEN FRAN — **Q-time: 01:13:03**

PB (25m pool): 01:13.03 Gent 09/11/2025 **PB (50m pool):** 01:13.58 **SB:** 01:14.00 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.62		01:13.03	
		00:34.62		*00:38.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 2 Athlete: CLAESKENS MILAN — **Q-time: 02:14:78**

PB (25m pool): 02:14.78 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:17.97 **SB:** 02:14.78 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.20		01:04.28		01:39.19		02:14.78
		00:30.20		*00:34.08*		*00:34.91*		*00:35.59*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/2 Lane : 7 Athlete: BIRLOGEANU LUCA — **Q-time: 02:15:43**

PB (25m pool): 02:15.43 Hasselt 04/10/2026 **PB (50m pool):** 02:23.06 **SB:** 02:15.43 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.70		01:05.30		01:40.22		02:15.43
	00:30.70		*00:34.60*		*00:34.92*		*00:35.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:1, starttime: 10:31

Heat: 1/4 Lane : 4 Athlete: RENETTE LENA — **Q-time: 00:30:82**

PB (25m pool): 00:30.82 Hasselt 04/10/2026 **PB (50m pool):** 00:32.32 **SB:** 00:30.82 Hasselt 04/10/2026

	25 M	50 M	
PB		00:30.82	
	00:30.82		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 7 Athlete: FREDERIX MAYA — **Q-time: 00:29:79**

PB (25m pool): 00:29.76 3500 Hasselt 28/04/2024 **PB (50m pool):** 00:30.14 **SB:** 00:30.68 Hasselt 04/10/2026

	25 M	50 M	
PB		00:29.76	
	00:29.76		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:1, starttime: 10:35

Heat: 1/6 Lane : 3 Athlete: BAELEN SIEBE — **Q-time: 00:32:50**

PB (25m pool): 00:32.50 Hasselt 04/05/2025 **PB (50m pool):** 00:33.89 **SB:** no time

	25 M	50 M	
PB		00:32.50	
	00:32.50		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/3 Lane : 2 Athlete: FREDERIX MAYA — **Q-time: 02:26:45**

PB (25m pool): 02:26.45 Hasselt 04/05/2025 — **PB (50m pool):** 02:30.99 **SB:** 02:30.37 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.50		01:12.45		01:50.96		02:26.45
		00:34.50		*00:37.95*		*00:38.51*		*00:35.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 7 Athlete: RENETTE LENA — **Q-time: 02:28:26**

PB (25m pool): 02:28.26 Hasselt 04/10/2026 — **PB (50m pool):** 02:33.15 **SB:** 02:28.26 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.41		01:11.46		01:50.62		02:28.26
		00:34.41		*00:37.05*		*00:39.16*		*00:37.64*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/6 Lane : 8 Athlete: BAELEN SIEBE — **Q-time: 00:28:80**

PB (25m pool): 00:28.80 Bree 21/12/2025 — **PB (50m pool):** 00:29.57 **SB:** 00:29.04 Hasselt 04/10/2026

	25 M	50 M	
PB		00:28.80	
		00:28.80	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 7 Athlete: RENETTE LENA — **Q-time: 01:01:43**

PB (25m pool): 01:01.43 Hasselt 04/10/2026 — **PB (50m pool):** 01:02.64 **SB:** 01:01.43 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.50		01:01.43	
		00:29.50		*00:31.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 8 Athlete: VANHEES ELLA — **Q-time: 00:59:70**

PB (25m pool): 00:59.70 Aarschot 26/04/2026 **PB (50m pool):** 01:00.18 **SB:** 01:00.12 Hasselt 04/10/2026

	25M	50M	75M	100M	
PB		00:29.35		00:59.70	
		00:29.35		*00:30.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/2 Lane : 2 Athlete: JORISSEN RUBE — **Q-time: 04:48:82**

PB (25m pool): 04:48.82 Gent 09/11/2025 **PB (50m pool):** 04:58.90 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:30.01		01:05.02		01:43.37		02:20.00
		00:30.01		*00:35.01*		*00:38.35*		*00:36.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:00.51		03:41.81		04:15.95		04:48.82
		00:40.51		*00:41.30*		*00:34.14*		*00:32.87*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 7 Athlete: CLAESKENS MILAN — **Q-time: 04:50:12**

PB (25m pool): 04:50.12 Aarschot 26/04/2026 **PB (50m pool):** 04:59.17 **SB:** 04:50.68 Hasselt 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:30.74		01:05.83		01:43.48		02:20.21
		00:30.74		*00:35.09*		*00:37.65*		*00:36.73*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		03:02.30		03:45.30		04:18.64		04:50.12
		00:42.09		*00:43.00*		*00:33.34*		*00:31.48*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 23: 100M MEDLEY WOMEN **Heat:4, starttime: 11:24**

Heat: 4/4 Lane : 2 Athlete: FREDERIX MAYA **Q-time: 01:08:55**

PB (25m pool): 01:08.55 Gent 09/11/2025 **PB (50m pool):** no time **SB:** 01:11.70 Hasselt 04/10/2026

	25M	50M	75M	100M	
PB		00:31.08		01:08.55	
		00:31.08		*00:37.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: