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

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

Coaches: Claes Steven 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 : 3 Athlete: CIOBANU ANASTASIA — **Q-time: 02:24:33**

PB (25m pool): 02:24.33 LEUVEN 23/11/2025 **PB (50m pool):** 02:25.45 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:31.28		01:09.24		01:51.60		02:24.33
		00:31.28		*00:37.96*		*00:42.36*		*00:32.73*
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Coach feedback:

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

Heat: 2/8 Lane : 7 Athlete: SEGHERS MICHIEL — **Q-time: 00:54:83**

PB (25m pool): 00:54.25 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:56.03 **SB:** 00:55.35 Leuven 04/10/2026

	25M	50M	75M	100M	
PB		00:25.80		00:54.25	
		00:25.80		*00:28.45*	
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Coach feedback:

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

Heat: 2/4 Lane : 5 Athlete: CIOBANU ANASTASIA — **Q-time: 00:28:65**

PB (25m pool): 00:28.66 Gent 09/11/2025 **PB (50m pool):** 00:28.65 **SB:** no time

	25M	50M	
PB		00:28.66	
		00:28.66	
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Coach feedback:

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

Event number: 20: 50M BACKSTROKE MEN	Heat:1, starttime: 10:52
Heat: 1/6 Lane : 6 Athlete: SEGHERS MICHIEL	**Q-time: 00:29:81**

PB (25m pool): 00:29.81 Meise 14/09/2025 **PB (50m pool):** 00:30.69 **SB:** no time

	25 M	50 M	
PB		00:29.81	
	00:29.81		
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Coach feedback: