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

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

Coaches: Melders Peter 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 : 2 Athlete: THEUWIS RUNE — **Q-time: 02:29:30**

PB (25m pool): 02:29.30 Hasselt 12/10/2025 **PB (50m pool):** 02:33.16 **SB:** 02:29.59 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.60		01:12.47		01:55.29		02:29.30
		00:32.60		*00:39.87*		*00:42.82*		*00:34.01*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/8 Lane : 3 Athlete: ORIS TIM — **Q-time: 00:54:23**

PB (25m pool): 00:53.48 3500 Hasselt 28/04/2024 **PB (50m pool):** 00:55.52 **SB:** no time

	25M	50M	75M	100M	
PB		no time		00:53.48	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 3 Athlete: THEUWIS RUNE — **Q-time: 00:30:91**

PB (25m pool): 00:30.91 LEUVEN 23/11/2025 **PB (50m pool):** 00:30.94 **SB:** no time

	25M	50M	
PB		00:30.91	
		00:30.91	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/4 Lane : 4 Athlete: BUSSELS FLEUR — **Q-time: 00:27:70**

PB (25m pool): 00:27.70 Gent 09/11/2025 **PB (50m pool):** 00:27.11 **SB:** no time

	25 M	50 M	
PB		00:27.70	
		00:27.70	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 1 Athlete: DAEMEN TUUR — **Q-time: 00:32:21**

PB (25m pool): 00:32.21 Bree 31/05/2026 **PB (50m pool):** 00:32.50 **SB:** no time

	25 M	50 M	
PB		00:32.21	
		00:32.21	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 8 Athlete: ORIS TIM — **Q-time: 00:30:44**

PB (25m pool): 00:30.44 Gent 09/11/2025 **PB (50m pool):** 00:31.33 **SB:** no time

	25 M	50 M	
PB		00:30.44	
		00:30.44	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:5, starttime: 10:39

Heat: 5/6 Lane : 5 Athlete: VRANKEN BARTEL — **Q-time: 00:27:81**

PB (25m pool): 00:27.17 Aachen 11/10/2026 **PB (50m pool):** 00:28.24 **SB:** 00:27.17 Aachen 11/10/2026

	25 M	50 M	
PB		00:27.17	
		00:27.17	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 6 Athlete: METTEN VINCE — **Q-time: 00:29:24**

PB (25m pool): 00:29.24 Hasselt 04/10/2026 **PB (50m pool):** 00:30.22 **SB:** 00:29.24 Hasselt 04/10/2026

	25 M	50 M	
PB		00:29.24	
	00:29.24		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 2 Athlete: WEYTJENS AMBER — **Q-time: 02:27:86**

PB (25m pool): 02:27.86 LEUVEN 23/11/2025 **PB (50m pool):** 02:32.63 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.71		01:12.11		01:50.70		02:27.86
		00:34.71		*00:37.40*		*00:38.59*		*00:37.16*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:1, starttime: 10:52

Heat: 1/6 Lane : 3 Athlete: ORIS TIM — **Q-time: 00:29:74**

PB (25m pool): 00:29.58 De Sprink 02/06/2024 **PB (50m pool):** 00:30.60 **SB:** no time

	25 M	50 M	
PB		00:29.58	
	00:29.58		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:2, starttime: 10:54

Heat: 2/6 Lane : 7 Athlete: VEESTRAETEN MATS — **Q-time: 00:29:33**

PB (25m pool): 00:29.28 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:29.88 **SB:** 00:29.34 Hasselt 04/10/2026

	25 M	50 M	
PB		00:29.28	
	00:29.28		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/4 Lane : 2 Athlete: THEUWIS MIRA — **Q-time: 01:00:75**

PB (25m pool): 01:00.75 Bree 21/12/2025 **PB (50m pool):** 01:02.54 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:29.25		01:00.75	
		00:29.25		*00:31.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN — Heat:2, starttime: 11:03

Heat: 2/4 Lane : 5 Athlete: BUSSELS FLEUR — **Q-time: 00:55:43**

PB (25m pool): 00:55.43 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:56.00 **SB:** 00:57.01 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.78		00:55.43	
		00:26.78		*00:28.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 4 Athlete: VANOTTERDIJK ROOS — **Q-time: 00:52:70**

PB (25m pool): 00:52.78 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:53.62 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:25.44		00:52.78	
		00:25.44		*00:27.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 1 Athlete: THEUWIS RUNE — **Q-time: 01:10:59**

PB (25m pool): 01:10.59 Bree 31/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:10.59	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/4 Lane : 1 Athlete: THEUWIS MIRA **Q-time: 01:10:45**

PB (25m pool): **01:10.45** **Stedelijk Zwembad Geel 15/02/2026** **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:32.65		01:10.45	
		00:32.65		*00:37.80*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: