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

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

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

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

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

Heat: 3/3 Lane : 3 Athlete: DEBECKER CHARLOTTE — **Q-time: 01:11:49**

PB (25m pool): 01:11.49 Gent 09/11/2025 **PB (50m pool):** 01:13.55 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.45		01:11.49	
		00:33.45		*00:38.04*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 2 Athlete: JONCKHEERE EMILE — **Q-time: 00:29:87**

PB (25m pool): 00:29.87 Gent 09/11/2025 **PB (50m pool):** 00:31.13 **SB:** 00:30.45 Brugge 04/10/2026

	25 M	50 M	
PB		00:29.87	
		00:29.87	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 5 Athlete: DEBECKER CHARLOTTE — **Q-time: 02:19:38**

PB (25m pool): 02:19.38 Zwembad De Motte 14/07/2026 **PB (50m pool):** 02:27.93 **SB:** 02:20.41 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.52		01:07.88		no time		02:19.38
		00:32.52		*00:35.36*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 1/6 Lane : 4 Athlete: SINNAEVE MIRKO — **Q-time: 00:29:59**

PB (25m pool): 00:29.45 Brugge 20/10/2024 — **PB (50m pool):** 00:30.56 **SB:** 00:29.59 Brugge 04/10/2026

	25M	50M	
PB		00:29.45	
	00:29.45		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/4 Lane : 5 Athlete: DEBECKER CHARLOTTE — **Q-time: 01:04:71**

PB (25m pool): 01:04.71 Gent 09/11/2025 — **PB (50m pool):** no time **SB:** 01:06.45 Waregem 26/09/2026

	25M	50M	75M	100M	
PB		00:29.78		01:04.71	
	00:29.78		*00:34.93*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: