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

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

Coaches: Peeters Vincent

Coaches: Melis Tom

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

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

Heat: 2/2 Lane : 2 Athlete: GRAHAM JIL — **Q-time: 02:28.97**

PB (25m pool): 02:28.59 2320 Hoogstraten 07/05/2023 **PB (50m pool):** 02:33.10 **SB:** 02:28.97 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:28.59
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 7/8 Lane : 2 Athlete: VAN WELLEN JOSEPH — **Q-time: 00:51:35**

PB (25m pool): 00:51.35 TEMSE 23/11/2025 **PB (50m pool):** 00:52.13 **SB:** no time

	25M	50M	75M	100M	
PB		00:24.90		00:51.35	
	00:24.90		*00:26.45*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 2 Athlete: WILLAERT AYLA — **Q-time: 01:14:63**

PB (25m pool): 01:13.70 Nijlen 17/11/2024 **PB (50m pool):** 01:15.32 **SB:** 01:14.51 Nijlen 18/10/2026

	25M	50M	75M	100M	
PB		00:35.06		01:13.70	
	00:35.06		*00:38.64*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 2 Athlete: WILLAERT AYLA — **Q-time: 00:29:66**

PB (25m pool): 00:29.66 Hoogstraten 27/09/2026 **PB (50m pool):** 00:29.92 **SB:** 00:29.66 Hoogstraten 27/09/2026

	25 M	50 M	
PB		00:29.66	
	00:29.66		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 6 Athlete: GRAHAM JIL — **Q-time: 02:25:07**

PB (25m pool): 02:25.07 Mol 04/10/2026 **PB (50m pool):** 02:30.82 **SB:** 02:25.07 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.41		01:11.06		01:47.77		02:25.07
		00:34.41		*00:36.65*		*00:36.71*		*00:37.30*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:6, starttime: 11:00

Heat: 6/6 Lane : 5 Athlete: VAN WELLEN JOSEPH — **Q-time: 00:25:77**

PB (25m pool): 00:25.77 Gent 09/11/2025 **PB (50m pool):** 00:26.54 **SB:** no time

	25 M	50 M	
PB		00:25.77	
	00:25.77		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 3 Athlete: WILLAERT AYLA — **Q-time: 01:07:17**

PB (25m pool): 01:06.67 Mol 29/12/2024 **PB (50m pool):** no time **SB:** 01:08.15 Hoogstraten 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:30.61		01:06.67	
		00:30.61		*00:36.06*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/4 Lane : 8 Athlete: GRAHAM JIL **Q-time: 01:10:93**

PB (25m pool): **01:10.93** **Hoogstraten** **28/09/2025** **PB (50m pool):** no time **SB:** 01:11.60 Hoogstraten 27/09/2026

	25M	50M	75M	100M	
PB		no time		01:10.93	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: