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

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

Coaches: Dillen Katia HEADCOACH

Coaches: De Cuyper Tibo

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

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

Heat: 2/3 Lane : 6 Athlete: STRUYF LIESELOT — **Q-time: 01:13:92**

PB (25m pool): 01:13.92 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:16.88 **SB:** 01:18.61 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.92		01:13.92	
		00:34.92		*00:39.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 1 Athlete: VAN LOOY ANKE — **Q-time: 02:30:44**

PB (25m pool): 02:30.44 Antwerpen 12/10/2025 PB (50m pool): 02:37.73 **SB:** 02:33.03 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.61		01:14.34		01:53.33		02:30.44
		00:35.61		*00:38.73*		*00:38.99*		*00:37.11*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:5, starttime: 10:58

Heat: 5/6 Lane : 4 Athlete: BERGES JENS — **Q-time: 00:24:54**

PB (25m pool): 00:24.54 Gent 09/11/2025 PB (50m pool): 00:25.82 **SB:** no time

	25 M	50 M	
PB		00:24.54	
		00:24.54	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 23: 100M MEDLEY WOMEN — Heat:1, starttime: 11:19

Heat: 1/4 Lane : 4 Athlete: VAN LOOY ANKE — **Q-time: 01:11:54**

PB (25m pool): 01:11.54 LEUVEN 21/12/2025 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.36		01:11.54	
	00:32.36		*00:39.18*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 7 Athlete: STRUYF LIESELOT — **Q-time: 01:10:21**

PB (25m pool): 01:09.25 Herentals 18/05/2024 **PB (50m pool):** no time **SB:** 01:12.25 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:09.25	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: