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

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

Coaches: VANMEENEN SARA

Coaches: VANMEENEN LAURA

Coaches: LEPLA MARTINE

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

Event number: 14: 100M FREESTYLE MEN — Heat:1, starttime: 10:07

Heat: 1/8 Lane : 3 Athlete: VANDERHAEGHE ANTWAN — **Q-time: 00:55:43**

PB (25m pool): 00:55.43 Brugge 04/10/2026 **PB (50m pool):** 00:56.77 **SB:** 00:55.43 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.94		00:55.43	
		00:25.94		*00:29.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 5 Athlete: VANDERHAEGHE ANTWAN — **Q-time: 00:31:97**

PB (25m pool): 00:31.97 Brugge 04/10/2026 **PB (50m pool):** 00:33.32 **SB:** 00:31.97 Brugge 04/10/2026

	25 M	50 M	
PB		00:31.97	
		00:31.97	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 400M MEDLEY MEN — Heat:2, starttime: 11:13

Heat: 2/2 Lane : 2 Athlete: DEHAENE JULE — **Q-time: 04:47:95**

PB (25m pool): 04:47.95 Brugge 04/10/2026 **PB (50m pool):** 05:04.61 **SB:** 04:47.95 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	125 M	150 M	175 M	200 M
PB		00:29.54		01:04.60		01:40.87		02:15.95
		00:29.54		*00:35.06*		*00:36.27*		*00:35.08*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225 M	**250 M**	**275 M**	**300**	**325**	**350**	**375**	**400 M**
PB		02:59.17		03:42.72		04:15.96		04:47.95
		00:43.22		*00:43.55*		*00:33.24*		*00:31.99*
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Coach feedback: