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

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

Coaches: Lievens Stijn

Coaches: Raes Kurt

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 : 4 Athlete: DELCOMMUNE ZINKE — **Q-time: 02:11:91**

PB (25m pool): 02:14.21 Gent 09/11/2025 **PB (50m pool):** 02:16.00 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.21		01:03.26		01:42.15		02:14.21
		00:29.21		*00:34.05*		*00:38.89*		*00:32.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 7 Athlete: MEYER THYRVI — **Q-time: 02:30:18**

PB (25m pool): 02:30.18 LEUVEN 23/11/2025 **PB (50m pool):** 02:33.60 **SB:** 02:33.70 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.13		01:10.72		01:56.59		02:30.18
		00:32.13		*00:38.59*		*00:45.87*		*00:33.59*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:5, starttime: 10:12

Heat: 5/8 Lane : 3 Athlete: RAES DRIES — **Q-time: 00:53:18**

PB (25m pool): 00:53.18 Aarschot 27/07/2026 **PB (50m pool):** 00:55.62 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:25.28		00:53.18	
		00:25.28		*00:27.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 17: 50M BUTTERFLY WOMEN — Heat:4, starttime: 10:34

Heat: 4/4 Lane : 6 Athlete: WOUTERS BRIANA — **Q-time: 00:28:90**

PB (25m pool): 00:28.75 Stedelijk Zwembad Geel 11/02/2024 **PB (50m pool):** 00:28.68 **SB:** 00:29.25 Leuven 04/10/2026

	25 M	50 M	
PB		00:28.75	
	00:28.75		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 5 Athlete: WILLEM ARTHUR — **Q-time: 00:29:04**

PB (25m pool): 00:29.04 Leuven 04/10/2026 **PB (50m pool):** 00:29.91 **SB:** 00:29.04 Leuven 04/10/2026

	25 M	50 M	
PB		00:29.04	
	00:29.04		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 1 Athlete: RAES DRIES — **Q-time: 00:27:91**

PB (25m pool): 00:27.91 Gent 09/11/2025 **PB (50m pool):** 00:28.65 **SB:** no time

	25 M	50 M	
PB		00:27.91	
	00:27.91		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 3 Athlete: WOUTERS BRIANA — **Q-time: 00:56:57**

PB (25m pool): 00:56.57 Aarschot 27/07/2026 **PB (50m pool):** 00:57.70 **SB:** 00:57.49 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		00:56.57	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/4 Lane : 3 Athlete: DELCOMMUNE ZINKE **Q-time: 00:55:89**

PB (25m pool): 00:55.41 Leuven 13/11/2022 **PB (50m pool):** 00:56.85 **SB:** 00:56.90 Aachen 11/10/2026

	25M	50M	75M	100M	
PB		no time		00:55.41	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: