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

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

Coaches: Destoop Jens

Coaches: Verschuere Nele

Coaches: Bhija Younes HEADCOACH

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

Event number: 14: 100M FREESTYLE MEN — Heat:4, starttime: 10:11

Heat: 4/8 Lane : 5 Athlete: DESMET MILAN — **Q-time: 00:53:84**

PB (25m pool): 00:53.84 Zwevegem 11/05/2025 **PB (50m pool):** 00:55.67 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:25.60		00:53.84	
		00:25.60		*00:28.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:3, starttime: 10:33

Heat: 3/4 Lane : 7 Athlete: BHIJA NOOR — **Q-time: 00:29:93**

PB (25m pool): 00:29.98 Brugge 04/10/2026 **PB (50m pool):** 00:29.93 **SB:** 00:29.98 Brugge 04/10/2026

	25 M	50 M	
PB		00:29.98	
		00:29.98	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:4, starttime: 10:38

Heat: 4/6 Lane : 2 Athlete: DESMET MILAN — **Q-time: 00:30:03**

PB (25m pool): 00:29.41 Zwevegem 02/10/2022 **PB (50m pool):** 00:30.45 **SB:** 00:30.79 Waregem 26/09/2026

	25 M	50 M	
PB		00:29.41	
		00:29.41	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 20: 50M BACKSTROKE MEN — Heat:3, starttime: 10:55

Heat: 3/6 Lane : 1 Athlete: DESMET MILAN — **Q-time: 00:28:79**

PB (25m pool): 00:28.76 LAGO Club Fit 03/12/2023 **PB (50m pool):** 00:29.78 **SB:** no time

	25 M	50 M	
PB		00:28.76	
	00:28.76		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 1 Athlete: BHIJA NOOR — **Q-time: 00:59:55**

PB (25m pool): 00:59.55 Zwevegem 31/05/2026 **PB (50m pool):** 01:00.11 **SB:** 01:00.03 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.05		00:59.55	
		00:29.05		*00:30.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: