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

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

Coaches: Dewulf Bart HEADCOACH

Coaches: Duck Chantal

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 : 1 Athlete: VERMAUT CELINE — **Q-time: 02:46:98**

PB (25m pool): 02:46.98 Brugge 04/10/2026 **PB (50m pool):** 02:50.81 **SB:** 02:46.98 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.64		01:19.94		02:09.53		02:46.98
		00:36.64		*00:43.30*		*00:49.59*		*00:37.45*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/8 Lane : 4 Athlete: VERELZEN ROBBE — **Q-time: 00:55:35**

PB (25m pool): 00:54.62 Brugge 20/10/2024 **PB (50m pool):** 00:56.07 **SB:** 00:55.35 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.95		00:54.62	
		00:26.95		*00:27.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:2, starttime: 10:08

Heat: 2/8 Lane : 4 Athlete: DECUPERE CEDRIC — **Q-time: 00:54:59**

PB (25m pool): 00:54.59 Brugge 04/10/2026 **PB (50m pool):** 00:55.02 **SB:** 00:54.59 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.08		00:54.59	
		00:26.08		*00:28.51*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/8 Lane : 2 Athlete: CHRISTIAENS STIJN — **Q-time: 00:53:99**

PB (25m pool): 00:53.99 Ettelbruck 19/04/2026 **PB (50m pool):** 00:54.93 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:25.40		00:53.99	
		00:25.40		*00:28.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/8 Lane : 1 Athlete: FEYS JONAH — **Q-time: 00:53:75**

PB (25m pool): 00:53.75 Brugge 04/10/2026 **PB (50m pool):** 00:54.28 **SB:** 00:53.75 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.85		00:53.75	
		00:25.85		*00:27.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 2 Athlete: CHRISTIAENS ANNABEL — **Q-time: 01:15:33**

PB (25m pool): 01:15.33 Gent 09/11/2025 **PB (50m pool):** 01:18.47 **SB:** 01:17.82 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:35.57		01:15.33	
		00:35.57		*00:39.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 8 Athlete: VERMAUT CELINE — **Q-time: 01:29:77**

PB (25m pool): 01:28.55 Brugge 20/10/2024 **PB (50m pool):** 01:30.78 **SB:** 01:29.77 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:41.13		01:28.55	
		00:41.13		*00:47.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 17: 50M BUTTERFLY WOMEN — Heat:1, starttime: 10:31

Heat: 1/4 Lane : 5 Athlete: CHRISTIAENS ANNABEL — **Q-time: 00:30:85**

PB (25m pool): 00:30.85 Ettelbruck 20/04/2025 **PB (50m pool):** 00:30.65 **SB:** 00:31.85 Brugge 04/10/2026

	25 M	50 M	
PB		00:30.85	
		00:30.85	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 1 Athlete: DECOCK MAAIKE — **Q-time: 00:30:10**

PB (25m pool): 00:30.10 Brugge 04/10/2026 **PB (50m pool):** 00:30.29 **SB:** 00:30.10 Brugge 04/10/2026

	25 M	50 M	
PB		00:30.10	
		00:30.10	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 8 Athlete: CHRISTIAENS JUTTA — **Q-time: 00:30:74**

PB (25m pool): 00:30.27 Nijlen 17/11/2024 **PB (50m pool):** 00:30.74 **SB:** 00:31.61 Brugge 04/10/2026

	25 M	50 M	
PB		00:30.27	
		00:30.27	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:3, starttime: 10:37

Heat: 3/6 Lane : 2 Athlete: CHRISTIAENS STIJN — **Q-time: 00:30:91**

PB (25m pool): 00:30.66 Zwevegem 02/10/2022 **PB (50m pool):** 00:31.90 **SB:** no time

	25 M	50 M	
PB		00:30.66	
		00:30.66	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 50M BREASTSTROKE MEN — Heat:5, starttime: 10:39

Heat: 5/6 Lane : 1 Athlete: VERELZEN ROBBE — **Q-time: 00:30:26**

PB (25m pool): 00:30.26 Ettelbruck 19/04/2026 **PB (50m pool):** 00:30.85 **SB:** 00:30.35 Brugge 04/10/2026

	25 M	50 M	
PB		00:30.26	
		00:30.26	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:6, starttime: 10:40

Heat: 6/6 Lane : 7 Athlete: DECUPERE CEDRIC — **Q-time: 00:30:03**

PB (25m pool): 00:30.03 Ettelbruck 20/04/2025 **PB (50m pool):** 00:30.85 **SB:** 00:30.26 Brugge 04/10/2026

	25 M	50 M	
PB		00:30.03	
		00:30.03	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 8 Athlete: DECUPERE CEDRIC — **Q-time: 00:29:37**

PB (25m pool): 00:29.37 Diksmuide 12/10/2025 **PB (50m pool):** 00:30.23 **SB:** no time

	25 M	50 M	
PB		00:29.37	
		00:29.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:4, starttime: 10:57

Heat: 4/6 Lane : 2 Athlete: FEYS JONAH — **Q-time: 00:27:66**

PB (25m pool): 00:27.66 Brugge 04/10/2026 **PB (50m pool):** 00:28.82 **SB:** 00:27.66 Brugge 04/10/2026

	25 M	50 M	
PB		00:27.66	
		00:27.66	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M FREESTYLE WOMEN — Heat:1, starttime: 11:01

Heat: 1/4 Lane : 5 Athlete: CHRISTIAENS ANNABEL — **Q-time: 01:00:50**

PB (25m pool): 01:00.08 Ettelbruck 16/04/2023 **PB (50m pool):** 01:00.13 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:00.08	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 8 Athlete: CHRISTIAENS JUTTA — **Q-time: 00:59:92**

PB (25m pool): 00:59.20 Nijlen 17/11/2024 **PB (50m pool):** 00:59.54 **SB:** 01:01.70 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.78		00:59.20	
		00:28.78		*00:30.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 3 Athlete: DECOCK MAAIKE — **Q-time: 01:11:71**

PB (25m pool): 01:11.71 Menen 07/06/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:11.71	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 100M MEDLEY WOMEN — Heat:4, starttime: 11:24

Heat: 4/4 Lane : 6 Athlete: CHRISTIAENS ANNABEL — **Q-time: 01:07:90**

PB (25m pool): 01:07.90 Gent 09/11/2025 **PB (50m pool):** no time **SB:** 01:14.90 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.63		01:07.90	
		00:31.63		*00:36.27*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 23: 100M MEDLEY WOMEN **Heat:4, starttime: 11:24**

Heat: 4/4 Lane : 7 Athlete: CHRISTIAENS JUTTA **Q-time: 01:09:27**

PB (25m pool): 01:08.36 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** no time **SB:** 01:11.74 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.62		01:08.36	
		00:31.62		*00:36.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: