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

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

Coaches: Hendrickx Lander HEADCOACH

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

Event number: 13: 200M MEDLEY WOMEN — Heat:1, starttime: 10:00

Heat: 1/2 Lane : 6 Athlete: NOOM ANNE — **Q-time: 02:27:90**

PB (25m pool): no time **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:7, starttime: 10:15

Heat: 7/8 Lane : 3 Athlete: VERMAUT ARTHUR — **Q-time: 00:50:33**

PB (25m pool): 00:50.33 Braine l Alleud 05/04/2026 **PB (50m pool):** 00:51.95 **SB:** 00:50.48 Leuven 04/10/2026

	25M	50M	75M	100M	
PB		00:23.92		00:50.33	
	00:23.92		*00:26.41*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:8, starttime: 10:17

Heat: 8/8 Lane : 1 Athlete: VAN HOOF DAAN — **Q-time: 00:51:77**

PB (25m pool): 00:51.77 Leuven 04/10/2026 **PB (50m pool):** 00:53.42 **SB:** 00:51.77 Leuven 04/10/2026

	25M	50M	75M	100M	
PB		00:25.21		00:51.77	
	00:25.21		*00:26.56*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 15: 100M BREASTSTROKE WOMEN — Heat:1, starttime: 10:18

Heat: 1/3 Lane : 2 Athlete: SCHOEFS ELISE — **Q-time: 01:15:50**

PB (25m pool): 01:12.93 Leuven 13/11/2022 **PB (50m pool):** 01:16.07 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:12.93	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/3 Lane : 3 Athlete: CAES OONE — **Q-time: 01:11:90**

PB (25m pool): 01:11.90 LEUVEN 23/11/2025 **PB (50m pool):** 01:14.93 **SB:** 01:14.23 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.12		01:11.90	
		00:33.12		*00:38.78*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 2 Athlete: SCHOEFS ELISE — **Q-time: 00:29:66**

PB (25m pool): 00:29.43 LEUVEN 24/11/2024 **PB (50m pool):** 00:29.89 **SB:** 00:30.05 Leuven 04/10/2026

	25 M	50 M	
PB		00:29.43	
		00:29.43	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 8 Athlete: VAN HOOF DAAN — **Q-time: 00:30:42**

PB (25m pool): 00:30.42 Gent 09/11/2025 **PB (50m pool):** 00:31.48 **SB:** no time

	25 M	50 M	
PB		00:30.42	
		00:30.42	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 5 Athlete: BAETEN LUKAS — **Q-time: 00:27:67**

PB (25m pool): 00:27.67 Aachen 11/10/2026 — **PB (50m pool):** 00:28.11 **SB:** 00:27.67 Aachen 11/10/2026

	25M	50M	
PB		00:27.67	
		00:27.67	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN — Heat:1, starttime: 10:42

Heat: 1/3 Lane : 3 Athlete: NOOM ANNE — **Q-time: 02:22:97**

PB (25m pool): no time — **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 5 Athlete: VERMAUT ARTHUR — **Q-time: 04:28:66**

PB (25m pool): 04:28.66 LEUVEN. 22/02/2026 — **PB (50m pool):** 04:40.60 **SB:** 04:37.72 SAINT-DIZIER 11/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		00:58.17		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		04:28.66
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 23: 100M MEDLEY WOMEN **Heat:3, starttime: 11:22**

Heat: 3/4 Lane : 5 Athlete: CAES OONE **Q-time: 01:06:13**

PB (25m pool): 01:06.13 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** 01:07.34 Leuven 04/10/2026

	25M	50M	75M	100M	
PB		00:31.04		01:06.13	
		00:31.04		*00:35.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: