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

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

Coaches: Verbauwen Carine HEADCOACH

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 : 6 Athlete: VAN GYSEL MAITE — **Q-time: 02:24:46**

PB (25m pool): 02:24.17 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 02:28.06 **SB:** 02:24.90 Aachen 11/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.36		01:08.03		01:50.58		02:24.17
		00:31.36		*00:36.67*		*00:42.55*		*00:33.59*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/8 Lane : 5 Athlete: ROSIERS NICOLAS — **Q-time: 00:55:38**

PB (25m pool): 00:55.38 EEKLO 04/10/2026 **PB (50m pool):** 00:58.40 **SB:** 00:55.38 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		00:26.15		00:55.38	
		00:26.15		*00:29.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/8 Lane : 6 Athlete: VAN DEURSEN SIEBE — **Q-time: 00:53:91**

PB (25m pool): 00:53.91 T ROSCO 12/10/2025 **PB (50m pool):** 00:55.77 **SB:** 00:54.15 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		00:26.15		00:53.91	
		00:26.15		*00:27.76*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/8 Lane : 7 Athlete: LEROUX WOUT — **Q-time: 00:54:03**

PB (25m pool): 00:54.03 Gent 09/11/2025 **PB (50m pool):** 00:54.56 **SB:** 00:54.78 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.06		00:54.03	
		00:26.06		*00:27.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/8 Lane : 6 Athlete: CAUDRON XIBE — **Q-time: 00:53:22**

PB (25m pool): 00:53.22 Aachen 11/10/2026 **PB (50m pool):** 00:55.00 **SB:** 00:53.22 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.96		00:53.22	
		00:25.96		*00:27.26*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:6, starttime: 10:14

Heat: 6/8 Lane : 4 Athlete: VERRETH NOAH — **Q-time: 00:48:49**

PB (25m pool): 00:48.49 Temse 21/12/2025 **PB (50m pool):** 00:50.08 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:23.83		00:48.49	
		00:23.83		*00:24.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/8 Lane : 5 Athlete: BAEYE LEON — **Q-time: 00:48:97**

PB (25m pool): 00:48.74 Aachen 11/10/2026 **PB (50m pool):** 00:49.53 **SB:** 00:48.74 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:23.40		00:48.74	
		00:23.40		*00:25.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/8 Lane : 7 Athlete: VANGAMPELAERE MILAN — **Q-time: 00:51:74**

PB (25m pool): 00:51.74 Temse 21/12/2025 **PB (50m pool):** 00:53.92 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:25.26		00:51.74	
		00:25.26		*00:26.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/8 Lane : 6 Athlete: DE MUL TOM — **Q-time: 00:51:13**

PB (25m pool): 00:51.13 Gent 09/11/2025 **PB (50m pool):** 00:52.71 **SB:** 00:51.44 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:24.29		00:51.13	
		00:24.29		*00:26.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 5 Athlete: RAEMDONCK BENTHE-MARIE — **Q-time: 01:11:31**

PB (25m pool): 01:11.31 Eeklo 06/04/2026 **PB (50m pool):** 01:12.66 **SB:** 01:11.95 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:33.83		01:11.31	
		00:33.83		*00:37.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/3 Lane : 5 Athlete: GOBERT LIES — **Q-time: 01:09:31**

PB (25m pool): 01:09.31 Aachen 11/10/2026 **PB (50m pool):** 01:10.44 **SB:** 01:09.31 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.57		01:09.31	
		00:32.57		*00:36.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 16: 200M BUTTERFLY MEN — Heat:1, starttime: 10:25

Heat: 1/2 Lane : 5 Athlete: SCHRAM THOR — **Q-time: 02:07:72**

PB (25m pool): 02:07.40 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 02:11.06 **SB:** 02:14.34 Aachen 11/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.08		01:00.87		01:33.55		02:07.40
		00:29.08		*00:31.79*		*00:32.68*		*00:33.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 16: 200M BUTTERFLY MEN — Heat:1, starttime: 10:25

Heat: 1/2 Lane : 7 Athlete: CLAEYS OSCAR — **Q-time: 02:20:89**

PB (25m pool): 02:17.81 Aarschot 30/04/2023 **PB (50m pool):** 02:18.92 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:17.81
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:2, starttime: 10:32

Heat: 2/4 Lane : 4 Athlete: VAN BRABANDT JULIETTE — **Q-time: 00:27:81**

PB (25m pool): 00:27.53 Aachen 11/10/2026 **PB (50m pool):** 00:28.05 **SB:** 00:27.53 Aachen 11/10/2026

	25 M	50 M	
PB		00:27.53	
		00:27.53	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 5 Athlete: MATTHEEUWS LIE — **Q-time: 00:27:95**

PB (25m pool): 00:27.95 Gent 09/11/2025 **PB (50m pool):** 00:28.28 **SB:** 00:28.57 Aachen 11/10/2026

	25 M	50 M	
PB		00:27.95	
		00:27.95	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/6 Lane : 1 Athlete: VANGAMPELAERE MILAN — **Q-time: 00:31:69**

PB (25m pool): 00:31.69 EEKLO 04/10/2026 — **PB (50m pool):** 00:31.95 **SB:** 00:31.69 EEKLO 04/10/2026

	25 M	50 M	
PB		00:31.69	
	00:31.69		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 6 Athlete: MCLEAN BRETT — **Q-time: 00:30:68**

PB (25m pool): 00:30.68 EEKLO 04/10/2026 — **PB (50m pool):** 00:31.01 **SB:** 00:30.68 EEKLO 04/10/2026

	25 M	50 M	
PB		00:30.68	
	00:30.68		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 4 Athlete: HUENS NOOR — **Q-time: 02:19:08**

PB (25m pool): 02:19.08 Gent 09/11/2025 — **PB (50m pool):** 02:26.18 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.41		01:08.06		01:44.05		02:19.08
	00:32.41		*00:35.65*		*00:35.99*		*00:35.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/6 Lane : 2 Athlete: ROSIERS NICOLAS — **Q-time: 00:28:62**

PB (25m pool): 00:28.62 EEKLO 04/10/2026 — **PB (50m pool):** 00:29.07 **SB:** 00:28.62 EEKLO 04/10/2026

	25 M	50 M	
PB		00:28.62	
	00:28.62		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/6 Lane : 4 Athlete: CLAEYS OSCAR — **Q-time: 00:28:20**

PB (25m pool): 00:28.20 Gent 09/11/2025 **PB (50m pool):** 00:29.59 **SB:** 00:28.30 EEKLO 04/10/2026

	25 M	50 M	
PB		00:28.20	
		00:28.20	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 1 Athlete: VANGAMPELAERE MILAN — **Q-time: 00:28:02**

PB (25m pool): 00:28.02 Gent 09/11/2025 **PB (50m pool):** 00:28.77 **SB:** 00:28.04 EEKLO 04/10/2026

	25 M	50 M	
PB		00:28.02	
		00:28.02	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 4 Athlete: DE MUL TOM — **Q-time: 00:25:77**

PB (25m pool): 00:25.77 Gent 09/11/2025 **PB (50m pool):** 00:27.43 **SB:** 00:26.55 EEKLO 04/10/2026

	25 M	50 M	
PB		00:25.77	
		00:25.77	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 6 Athlete: VAN DEURSEN SIEBE — **Q-time: 00:27:30**

PB (25m pool): 00:27.30 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:28.01 **SB:** 00:27.30 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:27.30	
		00:27.30	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/6 Lane : 7 Athlete: NAAKTGEBOREN JAKOB — **Q-time: 00:27:82**

PB (25m pool): 00:27.82 Aachen 11/10/2026 **PB (50m pool):** 00:29.19 **SB:** 00:27.82 Aachen 11/10/2026

	25 M	50 M	
PB		00:27.82	
		00:27.82	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:5, starttime: 10:58

Heat: 5/6 Lane : 8 Athlete: LEROUX WOUT — **Q-time: 00:28:09**

PB (25m pool): 00:28.09 Gent 09/11/2025 **PB (50m pool):** 00:29.80 **SB:** no time

	25 M	50 M	
PB		00:28.09	
		00:28.09	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 4 Athlete: VERRETH NOAH — **Q-time: 00:23:42**

PB (25m pool): 00:23.42 Gent 09/11/2025 **PB (50m pool):** 00:25.07 **SB:** 00:23.76 Aachen 11/10/2026

	25 M	50 M	
PB		00:23.42	
		00:23.42	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 8 Athlete: VANGAMPELAERE LAURA — **Q-time: 01:01:90**

PB (25m pool): 01:01.07 LAGO Zwevegem 20/05/2024 **PB (50m pool):** 01:02.57 **SB:** 01:01.90 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:01.07	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 6 Athlete: MATTHEEUWS LIE — **Q-time: 00:56:77**

PB (25m pool): 00:56.77 TEMSE 23/11/2025 **PB (50m pool):** 00:58.44 **SB:** 00:58.09 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.32		00:56.77	
		00:27.32		*00:29.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/4 Lane : 6 Athlete: VAN BRABANDT JULIETTE — **Q-time: 00:56:74**

PB (25m pool): 00:56.74 Sint-Amandsberg 19/10/2025 **PB (50m pool):** 00:57.91 **SB:** 00:57.02 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.26		00:56.74	
		00:27.26		*00:29.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 100M MEDLEY WOMEN — Heat:2, starttime: 11:21

Heat: 2/4 Lane : 4 Athlete: GOBERT LIES — **Q-time: 01:04:59**

PB (25m pool): 01:04.59 Aachen 11/10/2026 **PB (50m pool):** no time **SB:** 01:04.59 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:04.59	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 100M MEDLEY WOMEN — Heat:2, starttime: 11:21

Heat: 2/4 Lane : 5 Athlete: VAN GYSEL MAITE — **Q-time: 01:06:33**

PB (25m pool): 01:06.33 Gent 09/11/2025 **PB (50m pool):** no time **SB:** 01:06.83 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.83		01:06.33	
		00:30.83		*00:35.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 24: 800M FREESTYLE MEN **Heat:1, starttime: 11:26**

Heat: 1/1 Lane : 4 Athlete: KOCKX HENRI **Q-time: 09:02:72**

PB (25m pool): no time **PB (50m pool):** 08:45.92 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	450M	**500M**	**550M**	**600M**	**650M**	**700M**	**750M**	**800M**
PB	no time	no time	no time	no time	no time	no time	no time	no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: