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

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

Coaches: Dekoninck Nicole HEADCOACH

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

Event number: 14: 100M FREESTYLE MEN — Heat:3, starttime: 10:10

Heat: 3/8 Lane : 2 Athlete: BEISHUIZEN TOM — **Q-time: 00:54:31**

PB (25m pool): 00:54.31 Hasselt 04/10/2026 **PB (50m pool):** 00:55.57 **SB:** 00:54.31 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.34		00:54.31	
		00:26.34		*00:27.97*	
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Coach feedback:

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

Heat: 4/6 Lane : 8 Athlete: BEISHUIZEN TOM — **Q-time: 00:28:15**

PB (25m pool): 00:28.15 Hasselt 04/10/2026 **PB (50m pool):** 00:29.31 **SB:** 00:28.15 Hasselt 04/10/2026

	25 M	50 M	
PB		00:28.15	
		00:28.15	
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Coach feedback: