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

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

Coaches: Van Den Bosch Jeroen

Coaches: Drabs Hanne HEADCOACH

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

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

Heat: 5/8 Lane : 7 Athlete: VAN DEN BOSCH FREDERIC — **Q-time: 00:53:74**

PB (25m pool): 00:54.45 Nijlen 17/11/2024 **PB (50m pool):** 00:55.43 **SB:** 00:54.66 Dilbeek 27/09/2026

	25 M	50 M	75 M	100 M	
PB		00:25.84		00:54.45	
		00:25.84		*00:28.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:4, starttime: 10:34

Heat: 4/4 Lane : 5 Athlete: VAN DEN BOSCH MAXINE — **Q-time: 00:27:85**

PB (25m pool): 00:27.85 Gent 09/11/2025 **PB (50m pool):** 00:28.73 **SB:** 00:29.53 Dilbeek 27/09/2026

	25 M	50 M	
PB		00:27.85	
		00:27.85	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 7 Athlete: VANHOOF MARIEKE — **Q-time: 02:29:24**

PB (25m pool): 02:29.24 Groenenhoek Berchem 05/10/2025 **PB (50m pool):** 02:29.40 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.58		01:10.03		no time		02:29.24
		00:33.58		*00:36.45*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 20: 50M BACKSTROKE MEN	Heat:2, starttime: 10:54
Heat: 2/6 Lane : 2 Athlete: VAN GORP LOWIE	**Q-time: 00:29:15**

PB (25m pool): 00:28.48 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:30.43 **SB:** 00:30.83 Dilbeek 27/09/2026

	25 M	50 M	
PB		00:28.48	
	00:28.48		
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Coach feedback: