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

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

Coaches: Mees Brent

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

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

Heat: 6/8 Lane : 3 Athlete: MEES BRENT — **Q-time: 00:50:55**

PB (25m pool): 00:50.55 Gent 09/11/2025 **PB (50m pool):** 00:52.46 **SB:** 00:51.78 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:24.05		00:50.55	
		00:24.05		*00:26.50*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 6 Athlete: MEES BRENT — **Q-time: 00:26:99**

PB (25m pool): 00:26.99 Gent 09/11/2025 **PB (50m pool):** 00:28.51 **SB:** 00:27.71 Leuven 04/10/2026

	25 M	50 M	
PB		00:26.99	
		00:26.99	
	. . : . . : . .	. . : . . : . .	

Coach feedback: