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

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

Coaches: Feyten Anne

Coaches: Wouters Maxim 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 : 1 Athlete: VERBEEK SEM — **Q-time: 00:54:39**

PB (25m pool): 00:53.48 Herentals 27/05/2023 **PB (50m pool):** 00:55.19 **SB:** 00:54.39 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		00:53.48	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 7 Athlete: MERTENS HELENA — **Q-time: 01:16:67**

PB (25m pool): 01:16.67 Herentals 09/05/2026 **PB (50m pool):** 01:21.45 **SB:** 01:18.78 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:36.38		01:16.67	
		00:36.38		*00:40.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 2 Athlete: VERBEEK SEM — **Q-time: 00:27:48**

PB (25m pool): 00:27.01 Herentals 27/05/2023 **PB (50m pool):** 00:29.05 **SB:** no time

	25 M	50 M	
PB		00:27.01	
		00:27.01	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/4 Lane : 6 Athlete: MERTENS HELENA **Q-time: 01:08:07**

PB (25m pool): 01:08.07 Herentals 09/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.40		01:08.07	
		00:31.40		*00:36.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: