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

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

Coaches: Goossens Nicole HEADCOACH

Coaches: Vandermeulen Eric

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

Event number: 14: 100M FREESTYLE MEN — Heat:2, starttime: 10:08

Heat: 2/8 Lane : 1 Athlete: VAN DE GENDER WOUT — **Q-time: 00:54:96**

PB (25m pool): 00:54.96 TEMSE 23/11/2025 **PB (50m pool):** 00:56.51 **SB:** 00:55.10 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:26.97		00:54.96	
		00:26.97		*00:27.99*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:1, starttime: 10:31

Heat: 1/4 Lane : 6 Athlete: DELPORTE LOTTE — **Q-time: 00:30:94**

PB (25m pool): 00:30.94 EEKLO 04/10/2026 **PB (50m pool):** 00:33.75 **SB:** 00:30.94 EEKLO 04/10/2026

	25 M	50 M	
PB		00:30.94	
		00:30.94	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:1, starttime: 10:52

Heat: 1/6 Lane : 5 Athlete: VERHAGEN ROBBE — **Q-time: 00:29:61**

PB (25m pool): 00:29.61 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:31.84 **SB:** 00:31.42 EEKLO 04/10/2026

	25 M	50 M	
PB		00:29.61	
		00:29.61	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 20: 50M BACKSTROKE MEN — Heat:2, starttime: 10:54

Heat: 2/6 Lane : 1 Athlete: VAN DE GENDER WOUT — **Q-time: 00:29:33**

PB (25m pool): 00:29.33 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:29.90 **SB:** 00:29.45 EEKLO 04/10/2026

	25 M	50 M	
PB		00:29.33	
	00:29.33		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/4 Lane : 3 Athlete: DELPORTE LOTTE — **Q-time: 01:00:64**

PB (25m pool): 01:00.64 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 01:02.96 **SB:** 01:00.64 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.61		01:00.64	
	00:28.61		*00:32.03*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: