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

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

Coaches: Leemans Mats

Coaches: Januarius Bart HEADCOACH

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 : 7 Athlete: THIéBAUT NOAH — **Q-time: 00:51:75**

PB (25m pool): 00:52.74 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:52.92 **SB:** no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.39		00:52.74	
		00:25.39		*00:27.35*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:7, starttime: 10:15

Heat: 7/8 Lane : 8 Athlete: CLEYMANS TORBEN — **Q-time: 00:52:83**

PB (25m pool): 00:52.83 Leuven 04/10/2026 PB (50m pool): 00:53.67 **SB:** 00:52.83 Leuven 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.67		00:52.83	
		00:25.67		*00:27.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:3, starttime: 10:33

Heat: 3/4 Lane : 3 Athlete: NAZARUK NICOLE — **Q-time: 00:28:74**

PB (25m pool): 00:28.74 Gent 09/11/2025 PB (50m pool): 00:28.98 **SB:** 00:29.22 Leuven 04/10/2026

	2 5 M	5 0 M	
PB		00:28.74	
		00:28.74	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 50M BREASTSTROKE MEN — Heat:5, starttime: 10:39

Heat: 5/6 Lane : 3 Athlete: CLEYMANS TORBEN — **Q-time: 00:28:49**

PB (25m pool): 00:28.49 LEUVEN 23/11/2025 **PB (50m pool):** 00:29.08 **SB:** 00:29.43 Leuven 04/10/2026

	25 M	50 M	
PB		00:28.49	
	00:28.49		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:5, starttime: 10:39

Heat: 5/6 Lane : 6 Athlete: CLEYMANS KARSTEN — **Q-time: 00:29:39**

PB (25m pool): 00:29.31 LEUVEN 14/11/2021 **PB (50m pool):** 00:29.57 **SB:** 00:30.10 Tervuren 10/10/2026

	25 M	50 M	
PB		00:29.31	
	00:29.31		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 5 Athlete: THIéBAUT NOAH — **Q-time: 00:26:39**

PB (25m pool): 00:25.76 Gent 09/11/2025 **PB (50m pool):** 00:26.39 **SB:** no time

	25 M	50 M	
PB		00:25.76	
	00:25.76		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN — Heat:3, starttime: 11:04

Heat: 3/4 Lane : 7 Athlete: NAZARUK NICOLE — **Q-time: 00:58:58**

PB (25m pool): 00:58.49 LEUVEN - Sportoase 22/12/2024 **PB (50m pool):** 01:00.17 **SB:** 00:58.58 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.95		00:58.49	
	00:27.95		*00:30.54*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: