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

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

Coaches: Vanderhulst Kasper

Coaches: Ciommo Fabio 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 : 1 Athlete: CIOMMO ALESSANDER — **Q-time: 00:52:03**

PB (25m pool): 00:52.03 Leuven 12/10/2025 **PB (50m pool):** 00:52.87 **SB:** 00:53.15 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:24.87		00:52.03	
		00:24.87		*00:27.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/8 Lane : 6 Athlete: DE SWERDT NIELS — **Q-time: 00:51:26**

PB (25m pool): 00:50.91 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:52.89 **SB:** 00:52.17 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:24.20		00:50.91	
		00:24.20		*00:26.71*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:8, starttime: 10:17

Heat: 8/8 Lane : 7 Athlete: DE SWERDT MATHIAS — **Q-time: 00:51:57**

PB (25m pool): 00:51.57 Gent 09/11/2025 **PB (50m pool):** 00:53.72 **SB:** 00:52.75 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:24.89		00:51.57	
		00:24.89		*00:26.68*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/3 Lane : 6 Athlete: LENAERTS HAILEY — **Q-time: 01:14:41**

PB (25m pool): 01:14.41 Leuven 04/10/2026 **PB (50m pool):** 01:17.30 **SB:** 01:14.41 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.60		01:14.41	
		00:34.60		*00:39.81*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:2, starttime: 10:32

Heat: 2/4 Lane : 1 Athlete: ROSKIN LOTTE — **Q-time: 00:30:17**

PB (25m pool): 00:29.84 Leuven 13/11/2022 **PB (50m pool):** 00:29.68 **SB:** no time

	25 M	50 M	
PB		00:29.84	
		00:29.84	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:3, starttime: 10:37

Heat: 3/6 Lane : 3 Athlete: DE SWERDT MATHIAS — **Q-time: 00:30:66**

PB (25m pool): 00:30.50 LEUVEN 24/11/2024 **PB (50m pool):** 00:32.30 **SB:** 00:30.66 Leuven 04/10/2026

	25 M	50 M	
PB		00:30.50	
		00:30.50	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:4, starttime: 10:38

Heat: 4/6 Lane : 7 Athlete: VANDEVELDE RAF — **Q-time: 00:30:21**

PB (25m pool): 00:30.21 Mons 27/06/2026 **PB (50m pool):** 00:31.48 **SB:** no time

	25 M	50 M	
PB		00:30.21	
		00:30.21	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 50M BREASTSTROKE MEN — Heat:6, starttime: 10:40

Heat: 6/6 Lane : 3 Athlete: DEPREZ LUKAS — **Q-time: 00:28:38**

PB (25m pool): 00:28.38 Gent 09/11/2025 **PB (50m pool):** 00:29.21 **SB:** 00:29.88 Leuven 04/10/2026

	2 5 M	5 0 M	
PB		00:28.38	
		00:28.38	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 3 Athlete: DE SWERDT MATHIAS — **Q-time: 00:26:93**

PB (25m pool): 00:26.93 LEUVEN 23/11/2025 **PB (50m pool):** 00:29.06 **SB:** 00:28.33 Leuven 04/10/2026

	2 5 M	5 0 M	
PB		00:26.93	
		00:26.93	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/6 Lane : 5 Athlete: DE SWERDT NIELS — **Q-time: 00:26:27**

PB (25m pool): 00:26.27 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:28.33 **SB:** 00:26.72 Leuven 04/10/2026

	2 5 M	5 0 M	
PB		00:26.27	
		00:26.27	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 8 Athlete: CIOMMO ALESSANDER — **Q-time: 00:28:06**

PB (25m pool): 00:28.06 LEUVEN 23/11/2025 **PB (50m pool):** 00:29.12 **SB:** 00:28.88 Leuven 04/10/2026

	2 5 M	5 0 M	
PB		00:28.06	
		00:28.06	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/4 Lane : 6 Athlete: ROSKIN LOTTE — **Q-time: 01:00:73**

PB (25m pool): 00:59.68 Leuven 30/07/2019 **PB (50m pool):** 01:01.23 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		00:59.68	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 23: 100M MEDLEY WOMEN — Heat:2, starttime: 11:21

Heat: 2/4 Lane : 2 Athlete: LENAERTS HAILEY — **Q-time: 01:08:82**

PB (25m pool): 01:08.82 Leuven 04/10/2026 **PB (50m pool):** no time **SB:** 01:08.82 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.99		01:08.82	
		00:31.99		*00:36.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: