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

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

Coaches: Michiels Hans HEADCOACH

Coaches: Hanssens Yash

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

Event number: 13: 200M MEDLEY WOMEN — Heat:1, starttime: 10:00

Heat: 1/2 Lane : 4 Athlete: DE BONT SAM — **Q-time: 02:21:19**

PB (25m pool): 02:17.74 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:21.96 **SB:** 02:21.19 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.13		01:06.81		01:46.47		02:17.74
		00:30.13		*00:36.68*		*00:39.66*		*00:31.27*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 15: 100M BREASTSTROKE WOMEN — Heat:2, starttime: 10:20

Heat: 2/3 Lane : 5 Athlete: LAGEY LISELOTTE — **Q-time: 01:10:97**

PB (25m pool): no time PB (50m pool): 01:12.88 **SB:** no time

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

Coach feedback:

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

Heat: 5/6 Lane : 1 Athlete: BOODTS GERBEN — **Q-time: 00:27:93**

PB (25m pool): 00:27.93 Gent 09/11/2025 PB (50m pool): 00:29.15 **SB:** 00:28.44 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:27.93	
		00:27.93	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 21: 100M FREESTYLE WOMEN — Heat:2, starttime: 11:03

Heat: 2/4 Lane : 2 Athlete: LAGEY LISELOTTE — **Q-time: 00:58:18**

PB (25m pool): no time **PB (50m pool):** 01:00.45 **SB:** no time

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

Coach feedback:

Event number: 21: 100M FREESTYLE WOMEN — Heat:4, starttime: 11:06

Heat: 4/4 Lane : 5 Athlete: MICHIELS NORE — **Q-time: 00:55:35**

PB (25m pool): 00:55.35 Gent 09/11/2025 **PB (50m pool):** 00:56.19 **SB:** 00:55.53 Aachen 11/10/2026

	25M	50M	75M	100M	
PB		00:26.86		00:55.35	
		00:26.86		*00:28.49*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 25: 800M FREESTYLE WOMEN — Heat:1, starttime: 11:36

Heat: 1/1 Lane : 4 Athlete: DE BONT SAM — **Q-time: 09:09:31**

PB (25m pool): no time **PB (50m pool):** 09:20.84 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	450M	**500M**	**550M**	**600M**	**650M**	**700M**	**750M**	**800M**
PB	no time	no time	no time	no time	no time	no time	no time	no time
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: