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

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

Coaches: Desmet Carl 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 : 5 Athlete: WAERNIERS BERE — **Q-time: 00:49:02**

PB (25m pool): 00:49.02 Aachen 11/10/2026 **PB (50m pool):** 00:50.29 **SB:** 00:49.02 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:23.68		00:49.02	
	00:23.68		*00:25.34*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 16: 200M BUTTERFLY MEN — Heat:2, starttime: 10:27

Heat: 2/2 Lane : 4 Athlete: WAERNIERS BERE — **Q-time: 01:59:18**

PB (25m pool): 01:59.18 Aachen 11/10/2026 **PB (50m pool):** 02:03.96 **SB:** 01:59.18 Aachen 11/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.24		00:58.24		01:28.93		01:59.18
	00:27.24		*00:31.00*		*00:30.69*		*00:30.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/6 Lane : 4 Athlete: HUYGHELIER LOEK — **Q-time: 00:27:22**

PB (25m pool): 00:27.37 Gent 09/11/2025 **PB (50m pool):** 00:27.84 **SB:** no time

	25 M	50 M	
PB		00:27.37	
	00:27.37		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 22: 400M MEDLEY MEN **Heat:2, starttime: 11:13**

Heat: 2/2 Lane : 3 Athlete: DESMET LEENDERT **Q-time: 04:35:53**

PB (25m pool): 04:35.53 Gent 09/11/2025 **PB (50m pool):** 04:44.69 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:29.61		01:03.97		01:39.11		02:13.34
		00:29.61		*00:34.36*		*00:35.14*		*00:34.23*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:53.41		03:33.53		04:05.00		04:35.53
		00:40.07		*00:40.12*		*00:31.47*		*00:30.53*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: