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

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

Coaches: Heyligen Bert

Coaches: Spincemaille Laura

Coaches: Mabbe Andy HEADCOACH

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

Event number: 14: 100M FREESTYLE MEN — Heat:4, starttime: 10:11

Heat: 4/8 Lane : 3 Athlete: VANDENDORPE EMILE — **Q-time: 00:53:88**

PB (25m pool): 00:53.88 Brugge 04/10/2026 **PB (50m pool):** 00:57.03 **SB:** 00:53.88 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.92		00:53.88	
		00:25.92		*00:27.96*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:4, starttime: 10:34

Heat: 4/4 Lane : 8 Athlete: PARMENTIER LORE — **Q-time: 00:30:71**

PB (25m pool): 00:30.01 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:29.09 **SB:** 00:31.61 Waregem 26/09/2026

	25 M	50 M	
PB		00:30.01	
		00:30.01	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/6 Lane : 6 Athlete: VANDENDORPE EMILE — **Q-time: 00:29:49**

PB (25m pool): 00:29.49 Ettelbruck 19/04/2026 **PB (50m pool):** 00:29.95 **SB:** 00:29.66 Brugge 04/10/2026

	25 M	50 M	
PB		00:29.49	
		00:29.49	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/4 Lane : 8 Athlete: PARMENTIER LORE **Q-time: 01:10:96**

PB (25m pool): 01:10.43 WAREGEM 30/09/2023 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		no time		01:10.43	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: