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

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

Coaches: Van Olmen Jill

Coaches: Vandepaer Lisa

Coaches: Mertens Wenke

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

Event number: 14: 100M FREESTYLE MEN — Heat:3, starttime: 10:10

Heat: 3/8 Lane : 4 Athlete: HAESENDONCKX JARNE — **Q-time: 00:54:21**

PB (25m pool): 00:54.21 TEMSE 23/11/2025 **PB (50m pool):** 00:55.56 **SB:** 00:56.05 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.69		00:54.21	
		00:25.69		*00:28.52*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/8 Lane : 1 Athlete: VAN WAELDEREN THOMAS — **Q-time: 00:52:02**

PB (25m pool): 00:52.02 Hasselt 04/05/2025 **PB (50m pool):** 00:53.15 **SB:** 00:52.59 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.20		00:52.02	
		00:25.20		*00:26.82*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:2, starttime: 10:36

Heat: 2/6 Lane : 7 Athlete: HAESENDONCKX JARNE — **Q-time: 00:32:18**

PB (25m pool): 00:32.18 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:33.79 **SB:** no time

	25 M	50 M	
PB		00:32.18	
		00:32.18	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/6 Lane : 1 Athlete: VAN WAELDEREN THOMAS — **Q-time: 00:30:24**

PB (25m pool): 00:30.24 Mol 04/10/2026 — **PB (50m pool):** 00:30.76 **SB:** 00:30.24 Mol 04/10/2026

	25 M	50 M	
PB		00:30.24	
		00:30.24	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:3, starttime: 10:55

Heat: 3/6 Lane : 3 Athlete: HAESENDONCKX JARNE — **Q-time: 00:28:36**

PB (25m pool): 00:28.36 Gent 09/11/2025 — **PB (50m pool):** 00:29.76 **SB:** 00:30.07 Mol 04/10/2026

	25 M	50 M	
PB		00:28.36	
		00:28.36	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 2 Athlete: VAN WAELDEREN THOMAS — **Q-time: 00:27:41**

PB (25m pool): 00:27.41 Antwerpen 12/10/2025 — **PB (50m pool):** 00:28.91 **SB:** 00:27.77 Mol 04/10/2026

	25 M	50 M	
PB		00:27.41	
		00:27.41	
	. . : . . : . .	. . : . . : . .	

Coach feedback: