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

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

Coaches: Tieghem Kristof

Coaches: Debeuckelaere Sindy HEADCOACH

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

Event number: 14: 100M FREESTYLE MEN — Heat:2, starttime: 10:08

Heat: 2/8 Lane : 5 Athlete: THYVELEN WOUT — **Q-time: 00:54:81**

PB (25m pool): 00:53.43 LAGO Zwevegem 05/05/2024 **PB (50m pool):** 00:54.94 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		00:53.43	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:5, starttime: 10:12

Heat: 5/8 Lane : 4 Athlete: DE CRAEMER CAS — **Q-time: 00:53:05**

PB (25m pool): 00:53.05 Diksmuide 28/12/2025 **PB (50m pool):** 00:55.09 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:25.17		00:53.05	
		00:25.17		*00:27.88*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 100M BREASTSTROKE WOMEN — Heat:3, starttime: 10:22

Heat: 3/3 Lane : 7 Athlete: EECKHOUT FLEUR — **Q-time: 01:15:53**

PB (25m pool): 01:15.53 Gent 09/11/2025 **PB (50m pool):** 01:20.15 **SB:** 01:16.23 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:34.67		01:15.53	
		00:34.67		*00:40.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/6 Lane : 4 Athlete: DELPORTE NIO — **Q-time: 00:30:45**

PB (25m pool): 00:30.45 Ettelbruck 19/04/2026 **PB (50m pool):** 00:31.04 **SB:** 00:30.78 Brugge 04/10/2026

	25 M	50 M	
PB		00:30.45	
	00:30.45		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 8 Athlete: THYVELEN WOUT — **Q-time: 00:30:41**

PB (25m pool): 00:30.41 Ettelbruck 20/04/2025 **PB (50m pool):** 00:31.16 **SB:** 00:31.19 Brugge 04/10/2026

	25 M	50 M	
PB		00:30.41	
	00:30.41		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN — Heat:2, starttime: 10:45

Heat: 2/3 Lane : 3 Athlete: MIGOM LOBKE — **Q-time: 02:22:96**

PB (25m pool): 02:22.96 Ettelbruck 20/04/2025 **PB (50m pool):** 02:29.58 **SB:** 02:25.09 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.00		01:09.60		01:46.56		02:22.96
	00:34.00		*00:35.60*		*00:36.96*		*00:36.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN — Heat:2, starttime: 10:45

Heat: 2/3 Lane : 7 Athlete: NOTREDAME INE — **Q-time: 02:28:58**

PB (25m pool): 02:28.58 Ettelbruck 20/04/2025 **PB (50m pool):** 02:37.02 **SB:** 02:33.27 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.17		01:13.29		01:50.93		02:28.58
	00:35.17		*00:38.12*		*00:37.64*		*00:37.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 20: 50M BACKSTROKE MEN — Heat:1, starttime: 10:52

Heat: 1/6 Lane : 2 Athlete: DELPORTE NIO — **Q-time: 00:29:91**

PB (25m pool): 00:29.91 Nijlen 16/11/2025 **PB (50m pool):** 00:30.45 **SB:** no time

	25 M	50 M	
PB		00:29.91	
	00:29.91		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:2, starttime: 10:54

Heat: 2/6 Lane : 4 Athlete: EECKHOUT SIEBEN — **Q-time: 00:28:98**

PB (25m pool): 00:28.98 Brugge 04/10/2026 **PB (50m pool):** 00:30.14 **SB:** 00:28.98 Brugge 04/10/2026

	25 M	50 M	
PB		00:28.98	
	00:28.98		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:4, starttime: 10:57

Heat: 4/6 Lane : 3 Athlete: DE CRAEMER CAS — **Q-time: 00:26:99**

PB (25m pool): 00:26.99 Ettelbruck 20/04/2025 **PB (50m pool):** 00:27.62 **SB:** no time

	25 M	50 M	
PB		00:26.99	
	00:26.99		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/4 Lane : 6 Athlete: EECKHOUT FLEUR — **Q-time: 01:08:41**

PB (25m pool): 01:08.41 Diksmuide 28/12/2025 **PB (50m pool):** no time **SB:** 01:09.68 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.87		01:08.41	
	00:31.87		*00:36.54*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 23: 100M MEDLEY WOMEN **Heat:3, starttime: 11:22**

Heat: 3/4 Lane : 2 Athlete: MIGOM LOBKE **Q-time: 01:08:62**

PB (25m pool): 01:08.62 Diksmuide 28/12/2025 **PB (50m pool):** no time **SB:** 01:11.62 Meulebeke 24/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.00		01:08.62	
		00:31.00		*00:37.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: