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

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

Coaches: Okens Jari 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 : 8 Athlete: VAN HUMBEECK SEAN — **Q-time: 00:54:10**

PB (25m pool): 00:53.73 Zwevegem 30/04/2023 **PB (50m pool):** 00:55.46 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		00:53.73	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN — Heat:2, starttime: 10:32

Heat: 2/4 Lane : 3 Athlete: DALEMANS LYN — **Q-time: 00:28:90**

PB (25m pool): 00:28.98 Leuven 12/10/2025 **PB (50m pool):** 00:28.90 **SB:** 00:29.01 Leuven 04/10/2026

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

Coach feedback:

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

Heat: 3/6 Lane : 5 Athlete: VAN HUMBEECK SEAN — **Q-time: 00:30:60**

PB (25m pool): 00:30.60 Leuven 04/10/2026 **PB (50m pool):** 00:31.09 **SB:** 00:30.60 Leuven 04/10/2026

	25 M	50 M	
PB		00:30.60	
	00:30.60		
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Coach feedback:

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

Event number: 19: 200M BACKSTROKE WOMEN — Heat:1, starttime: 10:42

Heat: 1/3 Lane : 6 Athlete: GEENS AMéLIE — **Q-time: 02:25:52**

PB (25m pool): 02:25.52 Leuven 04/10/2026 **PB (50m pool):** 02:30.58 **SB:** 02:25.52 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.09		01:11.47		01:48.84		02:25.52
		00:34.09		*00:37.38*		*00:37.37*		*00:36.68*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/4 Lane : 7 Athlete: DALEMANS LYN — **Q-time: 00:58:32**

PB (25m pool): 00:58.32 Leuven 04/10/2026 **PB (50m pool):** 00:59.03 **SB:** 00:58.32 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.61		00:58.32	
		00:28.61		*00:29.71*	
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Coach feedback:

Event number: 23: 100M MEDLEY WOMEN — Heat:4, starttime: 11:24

Heat: 4/4 Lane : 8 Athlete: GEENS AMéLIE — **Q-time: 01:10:86**

PB (25m pool): 01:10.86 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** 01:12.29 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.02		01:10.86	
		00:31.02		*00:39.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: