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

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

Coaches: Vereecken Sven

Coaches: Dillen Toon 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 : 8 Athlete: VAN TILBURG MATTHIAS — **Q-time: 00:52:86**

PB (25m pool): 00:52.86 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:54.98 **SB:** 00:55.12 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.50		00:52.86	
		00:25.50		*00:27.36*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE MEN — Heat:8, starttime: 10:17

Heat: 8/8 Lane : 8 Athlete: MICHOEL QUINTEN — **Q-time: 00:52:13**

PB (25m pool): 00:52.13 Mol 04/10/2026 PB (50m pool): 00:54.06 **SB:** 00:52.13 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:25.04		00:52.13	
		00:25.04		*00:27.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/6 Lane : 3 Athlete: VAN TILBURG MATTHIAS — **Q-time: 00:26:68**

PB (25m pool): 00:26.68 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:28.49 **SB:** 00:27.84 Mol 04/10/2026

	25 M	50 M	
PB		00:26.68	
		00:26.68	
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Coach feedback: