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

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

Coaches: Houtevelt Kyllian

Coaches: Segers Ellen HEADCOACH

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 : 7 Athlete: VOLCKAERT MATTHIAS — **Q-time: 00:54:38**

PB (25m pool): 00:54.38 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 00:56.42 **SB:** 00:54.43 Leuven 04/10/2026

	25M	50M	75M	100M	
PB		00:26.10		00:54.38	
		00:26.10		*00:28.28*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/6 Lane : 6 Athlete: VOLCKAERT MATTHIAS — **Q-time: 00:28:43**

PB (25m pool): 00:28.43 Gent 09/11/2025 **PB (50m pool):** 00:29.65 **SB:** no time

	25M	50M	
PB		00:28.43	
		00:28.43	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 22: 400M MEDLEY MEN — Heat:1, starttime: 11:08

Heat: 1/2 Lane : 7 Athlete: VOLCKAERT MATTHIAS — **Q-time: 04:54:59**

PB (25m pool): 04:54.59 Dilbeek 11/05/2025 **PB (50m pool):** 05:04.43 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:04.89		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		04:54.59
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: