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

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

Coaches: Meyers Sepp

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 : 6 Athlete: LAUREYSSENS LUKAS — **Q-time: 00:51:27**

PB (25m pool): 00:51.27 Gent 09/11/2025 **PB (50m pool):** 00:52.91 **SB:** 00:51.35 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:24.70		00:51.27	
		00:24.70		*00:26.57*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 8/8 Lane : 3 Athlete: LAUREYSSENS DANIEL — **Q-time: 00:49:07**

PB (25m pool): 00:49.07 Mol 28/12/2025 **PB (50m pool):** 00:49.72 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:23.41		00:49.07	
		00:23.41		*00:25.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 15: 100M BREASTSTROKE WOMEN — Heat:2, starttime: 10:20

Heat: 2/3 Lane : 7 Athlete: VERCAMMEN FLEUR — **Q-time: 01:15:98**

PB (25m pool): 01:15.06 Nijlen 19/11/2023 **PB (50m pool):** 01:15.98 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:15.06	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 18: 50M BREASTSTROKE MEN — Heat:4, starttime: 10:38

Heat: 4/6 Lane : 5 Athlete: MENNEN RUBEN — **Q-time: 00:28:00**

PB (25m pool): 00:28.88 Gent 09/11/2025 **PB (50m pool):** 00:28.00 **SB:** 00:29.04 Mol 04/10/2026

	25 M	50 M	
PB		00:28.88	
		00:28.88	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 20: 50M BACKSTROKE MEN — Heat:5, starttime: 10:58

Heat: 5/6 Lane : 6 Athlete: VANHAMEL YONAS — **Q-time: 00:27:02**

PB (25m pool): 00:27.02 Gent 09/11/2025 **PB (50m pool):** 00:27.91 **SB:** no time

	25 M	50 M	
PB		00:27.02	
		00:27.02	
	. . : . . : . .	. . : . . : . .	

Coach feedback: