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

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

Coaches: Van Campenhout Sigrid

Coaches: Jacob Sven

Coaches: De Herdt Els HEADCOACH

Coaches: De Weerdt Koen

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

Event number: 17: 50M BUTTERFLY WOMEN — Heat:4, starttime: 10:34

Heat: 4/4 Lane : 2 Athlete: JACOBS LOTTE — **Q-time: 00:29:46**

PB (25m pool): 00:29.46 Hoogstraten 27/09/2026 **PB (50m pool):** 00:30.34 **SB:** 00:29.46 Hoogstraten 27/09/2026

	2 5 M	5 0 M	
PB		00:29.46	
		00:29.46	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 18: 50M BREASTSTROKE MEN — Heat:1, starttime: 10:35

Heat: 1/6 Lane : 5 Athlete: DOOMEN MARNIX — **Q-time: 00:32:38**

PB (25m pool): 00:32.38 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:34.26 **SB:** no time

	2 5 M	5 0 M	
PB		00:32.38	
		00:32.38	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/6 Lane : 3 Athlete: DOOMEN MARNIX — **Q-time: 00:29:14**

PB (25m pool): 00:29.14 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:30.12 **SB:** 00:29.44 Mol 04/10/2026

	2 5 M	5 0 M	
PB		00:29.14	
		00:29.14	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/4 Lane : 1 Athlete: JACOBS LOTTE **Q-time: 01:10:41**

PB (25m pool): 01:10.41 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100M	
PB		00:32.31		01:10.41	
		00:32.31		*00:38.10*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: