Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

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

Coaches: Hoffmann Serge HEADCOACH

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

Event number: 26: 200M FREESTYLE MEN — Heat:1, starttime: 10:00

Heat: 1/4 Lane : 2 Athlete: NIJSKENS KAREL — **Q-time: 02:00:55**

PB (25m pool): 02:00.55 Nijlen 01/03/2026 **PB (50m pool):** 02:00.11 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:27.58		00:57.97		no time		02:00.55
		00:27.58		*00:30.39*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 26: 200M FREESTYLE MEN — Heat:1, starttime: 10:00

Heat: 1/4 Lane : 3 Athlete: RAVELINGIEN TIBE — **Q-time: 02:00:12**

PB (25m pool): 02:00.12 Antwerpen 12/10/2025 **PB (50m pool):** 01:59.11 **SB:** 02:00.41 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:26.45		00:56.32		01:28.18		02:00.12
		00:26.45		*00:29.87*		*00:31.86*		*00:31.94*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 26: 200M FREESTYLE MEN — Heat:2, starttime: 10:03

Heat: 2/4 Lane : 2 Athlete: SZABO PETER — **Q-time: 01:55:62**

PB (25m pool): 02:04.28 Aartselaar 01/11/2025 **PB (50m pool):** 01:55.62 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:28.61		01:00.53		no time		02:04.28
		00:28.61		*00:31.92*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 26: 200M FREESTYLE MEN — Heat:2, starttime: 10:03

Heat: 2/4 Lane : 3 Athlete: KINDT LEVI — **Q-time: 01:51:48**

PB (25m pool): 01:51.48 Antwerpen 12/10/2025 **PB (50m pool):** 01:53.56 **SB:** 01:51.55 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:25.38		00:53.77		01:23.10		01:51.48
	00:25.38		*00:28.39*		*00:29.33*		*00:28.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 26: 200M FREESTYLE MEN — Heat:2, starttime: 10:03

Heat: 2/4 Lane : 5 Athlete: VAN HOOYDONCK VINCENT — **Q-time: 01:48:94**

PB (25m pool): 01:48.94 Aachen 11/10/2026 **PB (50m pool):** 01:53.57 **SB:** 01:48.94 Aachen 11/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:25.27		00:53.08		01:21.10		01:48.94
	00:25.27		*00:27.81*		*00:28.02*		*00:27.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 26: 200M FREESTYLE MEN — Heat:2, starttime: 10:03

Heat: 2/4 Lane : 7 Athlete: VAN BRUSSEL DYLANO — **Q-time: 01:56:45**

PB (25m pool): 01:56.45 Mol 04/10/2026 **PB (50m pool):** 02:00.89 **SB:** 01:56.45 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:27.24		00:56.42		01:26.11		01:56.45
	00:27.24		*00:29.18*		*00:29.69*		*00:30.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 26: 200M FREESTYLE MEN — Heat:3, starttime: 10:05

Heat: 3/4 Lane : 3 Athlete: LAMMENS SEPPE — **Q-time: 01:49:80**

PB (25m pool): 01:49.80 Gent 09/11/2025 **PB (50m pool):** 01:52.17 **SB:** 01:51.41 Aachen 11/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:24.49		00:51.61		01:20.94		01:49.80
	00:24.49		*00:27.12*		*00:29.33*		*00:28.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 26: 200M FREESTYLE MEN — Heat:4, starttime: 10:08

Heat: 4/4 Lane : 8 Athlete: GORIS RUBEN — **Q-time: 01:57:56**

PB (25m pool): 01:57.56 Mol 04/10/2026 **PB (50m pool):** 02:05.37 **SB:** 01:57.56 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.18		00:56.83		01:27.07		01:57.56
		00:27.18		*00:29.65*		*00:30.24*		*00:30.49*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:3, starttime: 10:15

Heat: 3/5 Lane : 2 Athlete: VAN DEN WYNGAERT ELIZABETH — **Q-time: 01:05:74**

PB (25m pool): 01:05.74 Antwerpen 12/10/2025 **PB (50m pool):** 01:09.51 **SB:** 01:07.35 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.18		01:05.74	
		00:32.18		*00:33.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:3, starttime: 10:15

Heat: 3/5 Lane : 4 Athlete: BROECKAERT NOOR — **Q-time: 01:02:33**

PB (25m pool): 01:02.33 Gent 09/11/2025 **PB (50m pool):** 01:03.38 **SB:** 01:03.60 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.66		01:02.33	
		00:29.66		*00:32.67*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:4, starttime: 10:17

Heat: 4/5 Lane : 5 Athlete: HEIJL OLIVIA — **Q-time: 01:03:59**

PB (25m pool): 01:03.59 Gent 09/11/2025 **PB (50m pool):** 01:04.27 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.00		01:03.59	
		00:31.00		*00:32.59*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 27: 100M BACKSTROKE WOMEN — Heat:5, starttime: 10:19

Heat: 5/5 Lane : 1 Athlete: KELDERMAN FRAN — **Q-time: 01:06:60**

PB (25m pool): 01:06.60 Gent 09/11/2025 **PB (50m pool):** 01:08.08 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.16		01:06.60	
		00:32.16		*00:34.44*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:5, starttime: 10:19

Heat: 5/5 Lane : 2 Athlete: SPRANGERS KATO — **Q-time: 01:05:62**

PB (25m pool): 01:05.62 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:08.32 **SB:** 01:06.80 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.97		01:05.62	
		00:31.97		*00:33.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M BREASTSTROKE MEN — Heat:1, starttime: 10:21

Heat: 1/2 Lane : 5 Athlete: DESPALLIER DAAN — **Q-time: 02:16:15**

PB (25m pool): 02:16.15 Gent 09/11/2025 **PB (50m pool):** 02:18.55 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.88		01:05.65		01:40.74		02:16.15
		00:30.88		*00:34.77*		*00:35.09*		*00:35.41*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M BREASTSTROKE MEN — Heat:2, starttime: 10:24

Heat: 2/2 Lane : 3 Athlete: METZEMAKERS NOA — **Q-time: 02:16:19**

PB (25m pool): 02:16.19 Mol 04/10/2026 **PB (50m pool):** 02:19.30 **SB:** 02:16.19 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.18		01:05.42		01:41.00		02:16.19
		00:30.18		*00:35.24*		*00:35.58*		*00:35.19*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 29: 200M BUTTERFLY WOMEN — Heat:1, starttime: 10:28

Heat: 1/1 Lane : 2 Athlete: BROECKAERT NOA — **Q-time: 02:30:66**

PB (25m pool): 02:31.08 Antwerpen 12/10/2025 **PB (50m pool):** 02:30.66 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:32.65		01:10.50		01:50.19		02:31.08
		00:32.65		*00:37.85*		*00:39.69*		*00:40.89*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:2, starttime: 10:32

Heat: 2/7 Lane : 6 Athlete: VAN BRUSSEL DYLANO — **Q-time: 00:27:27**

PB (25m pool): 00:27.27 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:27.67 **SB:** 00:27.27 Sint-Amandsberg 18/10/2026

	25M	50M	
PB		00:27.27	
		00:27.27	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:3, starttime: 10:33

Heat: 3/7 Lane : 6 Athlete: NIJSKENS KAREL — **Q-time: 00:26:87**

PB (25m pool): 00:26.87 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:27.12 **SB:** 00:26.95 Hoogstraten 27/09/2026

	25M	50M	
PB		00:26.87	
		00:26.87	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:3, starttime: 10:33

Heat: 3/7 Lane : 7 Athlete: OPDENBERGH MERLIJN — **Q-time: 00:26:96**

PB (25m pool): 00:26.96 Hoogstraten 28/09/2025 **PB (50m pool):** 00:26.48 **SB:** 00:27.53 Nijlen 18/10/2026

	25M	50M	
PB		00:26.96	
		00:26.96	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 30: 50M BUTTERFLY MEN — Heat:5, starttime: 10:35

Heat: 5/7 Lane : 3 Athlete: KINDT LEVI — **Q-time: 00:25:44**

PB (25m pool): 00:25.44 Mol 04/10/2026 **PB (50m pool):** 00:25.74 **SB:** 00:25.44 Mol 04/10/2026

	2 5 M	5 0 M	
PB		00:25.44	
		00:25.44	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:6, starttime: 10:36

Heat: 6/7 Lane : 3 Athlete: VERVLOET RUWEN — **Q-time: 00:25:34**

PB (25m pool): 00:25.34 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:25.57 **SB:** 00:25.59 Hoogstraten 27/09/2026

	2 5 M	5 0 M	
PB		00:25.34	
		00:25.34	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:6, starttime: 10:36

Heat: 6/7 Lane : 4 Athlete: VAN HOOYDONCK VINCENT — **Q-time: 00:23:83**

PB (25m pool): 00:23.83 Gent 09/11/2025 **PB (50m pool):** 00:23.97 **SB:** 00:24.43 Aachen 11/10/2026

	2 5 M	5 0 M	
PB		00:23.83	
		00:23.83	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:6, starttime: 10:36

Heat: 6/7 Lane : 6 Athlete: BRACKE ERNO — **Q-time: 00:25:67**

PB (25m pool): 00:25.67 Mol 04/10/2026 **PB (50m pool):** 00:26.14 **SB:** 00:25.67 Mol 04/10/2026

	2 5 M	5 0 M	
PB		00:25.67	
		00:25.67	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 30: 50M BUTTERFLY MEN — Heat:6, starttime: 10:36

Heat: 6/7 Lane : 8 Athlete: SZABO PETER — **Q-time: 00:26:24**

PB (25m pool): 00:26.24 Mol 04/10/2026 **PB (50m pool):** 00:25.77 **SB:** 00:26.24 Mol 04/10/2026

	25 M	50 M
PB		00:26.24
	00:26.24	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 32: 100M BACKSTROKE MEN — Heat:3, starttime: 10:50

Heat: 3/5 Lane : 5 Athlete: GORIS RUBEN — **Q-time: 00:58:45**

PB (25m pool): 00:58.45 Mol 04/10/2026 **PB (50m pool):** 01:00.17 **SB:** 00:58.45 Mol 04/10/2026

	25 M	50 M	75 M	100 M
PB		00:28.29		00:58.45
	00:28.29		*00:30.16*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 32: 100M BACKSTROKE MEN — Heat:5, starttime: 10:54

Heat: 5/5 Lane : 8 Athlete: BAHLOULA NAEL — **Q-time: 01:02:21**

PB (25m pool): 01:02.21 Mol 04/10/2026 **PB (50m pool):** 01:04.16 **SB:** 01:02.21 Mol 04/10/2026

	25 M	50 M	75 M	100 M
PB		00:30.10		01:02.21
	00:30.10		*00:32.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:2, starttime: 10:57

Heat: 2/7 Lane : 6 Athlete: SPRANGERS KATO — **Q-time: 00:28:59**

PB (25m pool): 00:28.59 Mol 04/10/2026 **PB (50m pool):** 00:28.75 **SB:** 00:28.59 Mol 04/10/2026

	25 M	50 M
PB		00:28.59
	00:28.59	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 33: 50M FREESTYLE WOMEN — Heat:4, starttime: 10:59

Heat: 4/7 Lane : 6 Athlete: KELDERMAN FRAN — **Q-time: 00:27:79**

PB (25m pool): 00:27.79 Mol 04/10/2026 **PB (50m pool):** 00:27.40 **SB:** 00:27.79 Mol 04/10/2026

	25 M	50 M	
PB		00:27.79	
	00:27.79		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:5, starttime: 11:00

Heat: 5/7 Lane : 2 Athlete: METZEMAKERS LéA — **Q-time: 00:26:98**

PB (25m pool): 00:26.48 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:26.76 **SB:** 00:27.37 Mol 04/10/2026

	25 M	50 M	
PB		00:26.48	
	00:26.48		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:5, starttime: 11:00

Heat: 5/7 Lane : 3 Athlete: VAN DEN WYNGAERT ELIZABETH — **Q-time: 00:26:28**

PB (25m pool): 00:26.28 Gent 09/11/2025 **PB (50m pool):** 00:26.83 **SB:** 00:26.48 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:26.28	
	00:26.28		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:5, starttime: 11:00

Heat: 5/7 Lane : 5 Athlete: RAVELINGIEN LANA — **Q-time: 00:25:87**

PB (25m pool): 00:25.87 Gent 09/11/2025 **PB (50m pool):** 00:26.22 **SB:** 00:26.29 Mol 04/10/2026

	25 M	50 M	
PB		00:25.87	
	00:25.87		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 33: 50M FREESTYLE WOMEN — Heat:5, starttime: 11:00

Heat: 5/7 Lane : 7 Athlete: GENBRUGGE ÉLéA — **Q-time: 00:27:16**

PB (25m pool): 00:27.16 Mol 04/10/2026 **PB (50m pool):** 00:27.66 **SB:** 00:27.16 Mol 04/10/2026

	2 5 M	5 0 M	
PB		00:27.16	
		00:27.16	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:6, starttime: 11:01

Heat: 6/7 Lane : 8 Athlete: HEIJL OLIVIA — **Q-time: 00:27:53**

PB (25m pool): 00:27.53 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:27.71 **SB:** no time

	2 5 M	5 0 M	
PB		00:27.53	
		00:27.53	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:7, starttime: 11:02

Heat: 7/7 Lane : 1 Athlete: STREEP FLO — **Q-time: 00:27:28**

PB (25m pool): 00:27.17 Nijlen 18/10/2026 **PB (50m pool):** 00:27.77 **SB:** 00:27.17 Nijlen 18/10/2026

	2 5 M	5 0 M	
PB		00:27.17	
		00:27.17	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:7, starttime: 11:02

Heat: 7/7 Lane : 6 Athlete: BROECKAERT NOOR — **Q-time: 00:26:33**

PB (25m pool): 00:26.33 Gent 09/11/2025 **PB (50m pool):** 00:26.96 **SB:** 00:27.21 Mol 04/10/2026

	2 5 M	5 0 M	
PB		00:26.33	
		00:26.33	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 33: 50M FREESTYLE WOMEN — Heat:7, starttime: 11:02

Heat: 7/7 Lane : 8 Athlete: BROECKAERT NOA — **Q-time: 00:27:53**

PB (25m pool): 00:27.53 Antwerpen 12/10/2025 — **PB (50m pool):** 00:28.12 **SB:** 00:28.24 Mol 04/10/2026

	25 M	50 M	
PB		00:27.53	
		00:27.53	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 200M MEDLEY MEN — Heat:1, starttime: 11:03

Heat: 1/3 Lane : 3 Athlete: DESPALLIER DAAN — **Q-time: 02:09:24**

PB (25m pool): 02:09.24 Mol 04/10/2026 — **PB (50m pool):** 02:08.22 **SB:** 02:09.24 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.69		01:01.80		01:38.54		02:09.24
		00:27.69		*00:34.11*		*00:36.74*		*00:30.70*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 200M MEDLEY MEN — Heat:1, starttime: 11:03

Heat: 1/3 Lane : 6 Athlete: METZEMAKERS NOA — **Q-time: 02:11:38**

PB (25m pool): 02:11.38 Mol 04/10/2026 — **PB (50m pool):** 02:11.52 **SB:** 02:11.38 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:26.83		01:03.43		01:41.02		02:11.38
		00:26.83		*00:36.60*		*00:37.59*		*00:30.36*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 200M MEDLEY MEN — Heat:3, starttime: 11:09

Heat: 3/3 Lane : 5 Athlete: LAVDANITI ZHULIAN XHOI — **Q-time: 02:03:71**

PB (25m pool): 02:03.84 Gent 09/11/2025 — **PB (50m pool):** 02:06.99 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:26.24		00:57.56		01:34.12		02:03.84
		00:26.24		*00:31.32*		*00:36.56*		*00:29.72*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 35: 400M FREESTYLE WOMEN — **Heat:2, starttime: 11:17**

Heat: 2/2 Lane : 3 Athlete: METZEMAKERS LéA — **Q-time: 04:26:15**

PB (25m pool): 04:24.75 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 04:29.76 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:30.19		01:03.24		01:37.10		02:11.28
		00:30.19		*00:33.05*		*00:33.86*		*00:34.18*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:44.34		03:17.80		03:51.69		04:24.75
		00:33.06		*00:33.46*		*00:33.89*		*00:33.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN — **Heat:2, starttime: 11:17**

Heat: 2/2 Lane : 4 Athlete: RAVELINGIEN LANA — **Q-time: 04:17:09**

PB (25m pool): 04:16.54 Sportoase 23/12/2023 PB (50m pool): 04:21.50 **SB:** 04:23.30 Mol 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		04:16.54
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: