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

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

Coaches: Smet Kathleen HEADCOACH

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

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

Heat: 4/4 Lane : 7 Athlete: KOPRIVA ILIO — **Q-time: 01:55:78**

PB (25m pool): 01:55.78 Hasselt 04/10/2026 **PB (50m pool):** 02:26.03 **SB:** 01:55.78 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:26.92		00:56.08		01:26.12		01:55.78
		00:26.92		*00:29.16*		*00:30.04*		*00:29.66*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:2, starttime: 10:13

Heat: 2/5 Lane : 1 Athlete: VANHEES ELLA — **Q-time: 01:10:16**

PB (25m pool): 01:09.34 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 01:10.72 **SB:** no time

	25M	50M	75M	100M	
PB		00:33.10		01:09.34	
		00:33.10		*00:36.24*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:2, starttime: 10:13

Heat: 2/5 Lane : 3 Athlete: RENETTE LENA — **Q-time: 01:09:31**

PB (25m pool): 01:09.23 3500 Hasselt 20/10/2024 **PB (50m pool):** 01:11.09 **SB:** 01:09.31 Hasselt 04/10/2026

	25M	50M	75M	100M	
PB		00:34.57		01:09.23	
		00:34.57		*00:34.66*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/5 Lane : 6 Athlete: FREDERIX MAYA — **Q-time: 01:05:43**

PB (25m pool): 01:05.43 Gent 09/11/2025 **PB (50m pool):** 01:09.33 **SB:** 01:08.44 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.60		01:05.43	
		00:31.60		*00:33.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/2 Lane : 8 Athlete: BIRLOGEANU LUCA — **Q-time: 02:34:20**

PB (25m pool): 02:34.20 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:41.74 **SB:** 02:34.20 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.50		01:12.16		01:53.23		02:34.20
		00:33.50		*00:38.66*		*00:41.07*		*00:40.97*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 7 Athlete: JORISSEN RUBE — **Q-time: 02:26:90**

PB (25m pool): 02:24.88 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 02:32.03 **SB:** 02:29.11 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.70		01:09.39		01:47.31		02:24.88
		00:32.70		*00:36.69*		*00:37.92*		*00:37.57*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/1 Lane : 3 Athlete: VERTESSEN FRAN — **Q-time: 02:21:54**

PB (25m pool): 02:21.54 Gent 09/11/2025 **PB (50m pool):** 02:24.14 **SB:** 02:25.50 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.09		01:06.76		01:44.03		02:21.54
		00:31.09		*00:35.67*		*00:37.27*		*00:37.51*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/7 Lane : 3 Athlete: BAELEN SIEBE — **Q-time: 00:27:21**

PB (25m pool): 00:27.21 Hasselt 04/10/2026 **PB (50m pool):** 00:27.30 **SB:** 00:27.21 Hasselt 04/10/2026

	25 M	50 M
PB		00:27.21
	00:27.21	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 31: 200M BREASTSTROKE WOMEN — Heat:1, starttime: 10:39

Heat: 1/2 Lane : 5 Athlete: VERSTREPEN SIEL — **Q-time: 02:32:05**

PB (25m pool): 02:32.05 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:34.63 **SB:** 02:35.20 Hasselt 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.24		01:11.90		01:52.00		02:32.05
	00:33.24		*00:38.66*		*00:40.10*		*00:40.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/5 Lane : 7 Athlete: BAELEN SIEBE — **Q-time: 01:01:51**

PB (25m pool): 01:01.51 Beringen 08/02/2026 **PB (50m pool):** 01:03.67 **SB:** 01:02.18 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M
PB		no time		01:01.51
	no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:3, starttime: 10:58

Heat: 3/7 Lane : 2 Athlete: RENETTE LENA — **Q-time: 00:28:26**

PB (25m pool): 00:28.26 Hasselt 04/10/2026 **PB (50m pool):** 00:28.53 **SB:** 00:28.26 Hasselt 04/10/2026

	25 M	50 M
PB		00:28.26
	00:28.26	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/7 Lane : 1 Athlete: VANHEES ELLA — **Q-time: 00:27:85**

PB (25m pool): 00:27.85 Hasselt 04/10/2026 — **PB (50m pool):** 00:27.77 **SB:** 00:27.85 Hasselt 04/10/2026

	25 M	50 M	
PB		00:27.85	
	00:27.85		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 7 Athlete: FREDERIX MAYA — **Q-time: 00:27:84**

PB (25m pool): 00:27.84 Hasselt 04/05/2025 — **PB (50m pool):** 00:28.65 **SB:** 00:28.75 Hasselt 04/10/2026

	25 M	50 M	
PB		00:27.84	
	00:27.84		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/3 Lane : 1 Athlete: CLAESKENS MILAN — **Q-time: 02:16:65**

PB (25m pool): 02:16.65 3500 Hasselt 18/10/2026 — **PB (50m pool):** 02:20.24 **SB:** 02:16.65 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.84		01:05.31		01:45.68		02:16.65
	00:29.84		*00:35.47*		*00:40.37*		*00:30.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 2 Athlete: JORISSEN RUBE — **Q-time: 02:11:52**

PB (25m pool): 02:11.52 3500 Hasselt 18/10/2026 — **PB (50m pool):** 02:17.55 **SB:** 02:11.52 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.35		01:04.11		01:41.33		02:11.52
	00:29.35		*00:34.76*		*00:37.22*		*00:30.19*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 36: 1500M FREESTYLE MEN — **Heat:1, starttime: 11:23**

Heat: 1/1 Lane : 5 Athlete: KOPRIVA ILIO — **Q-time: 15:48:46**

PB (25m pool): 15:48.46 Gent 09/11/2025 **PB (50m pool):** 16:07.71 **SB:** no time

	50M	100M	150M	200M	250M	300M	350M	400M
PB	00:27.67	00:58.03	01:28.94	01:59.85	02:31.10	03:02.53	03:34.16	04:05.68
	00:27.67	*00:30.36*	*00:30.91*	*00:30.91*	*00:31.25*	*00:31.43*	*00:31.63*	*00:31.52*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	450M	**500M**	**550M**	**600M**	**650M**	**700M**	**750M**	**800M**
PB	04:37.47	05:09.56	05:41.61	06:13.67	06:45.44	07:17.50	07:49.49	08:21.68
	00:31.79	*00:32.09*	*00:32.05*	*00:32.06*	*00:31.77*	*00:32.06*	*00:31.99*	*00:32.19*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	850M	**900M**	**950M**	**1000M**	**1050M**	**1100M**	**1150M**	**1200M**
PB	08:54.04	09:26.06	09:58.25	10:30.08	11:01.82	11:33.57	12:05.43	12:37.60
	00:32.36	*00:32.02*	*00:32.19*	*00:31.83*	*00:31.74*	*00:31.75*	*00:31.86*	*00:32.17*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	1150M	**1300M**	**1350M**	**1400M**	**1450M**	**1500M**		
PB	13:10.13	13:42.53	14:14.93	14:46.81	15:18.39	15:48.46		
	00:32.53	*00:32.40*	*00:32.40*	*00:31.88*	*00:31.58*	*00:30.07*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .		

Coach feedback: