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

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

Coaches: Claes Steven HEADCOACH

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

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

Heat: 4/5 Lane : 7 Athlete: CIOBANU ANASTASIA — **Q-time: 01:05:88**

PB (25m pool): 01:05.88 Braine l Alleud 05/04/2026 **PB (50m pool):** 01:09.39 **SB:** 01:07.42 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.02		01:05.88	
		00:32.02		*00:33.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:4, starttime: 10:34

Heat: 4/7 Lane : 5 Athlete: SEGHERS MICHIEL — **Q-time: 00:26:40**

PB (25m pool): 00:26.40 LEUVEN 23/11/2025 **PB (50m pool):** 00:27.05 **SB:** 00:27.05 Leuven 04/10/2026

	25 M	50 M	
PB		00:26.40	
		00:26.40	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M BACKSTROKE MEN — Heat:2, starttime: 10:48

Heat: 2/5 Lane : 2 Athlete: SEGHERS MICHIEL — **Q-time: 01:03:03**

PB (25m pool): 01:03.03 Braine l Alleud 05/04/2026 **PB (50m pool):** 01:08.56 **SB:** 01:04.96 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.20		01:03.03	
		00:30.20		*00:32.83*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/7 Lane : 2 Athlete: CIOBANU ANASTASIA **Q-time: 00:26:98**

PB (25m pool): 00:26.98 Braine l Alleud 05/04/2026 **PB (50m pool):** 00:27.58 **SB:** 00:27.29 Leuven 04/10/2026

	25 M	50 M	
PB		00:26.98	
		00:26.98	
	. . : . . : . .	. . : . . : . .	

Coach feedback: