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

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

Coaches: Melders Peter HEADCOACH

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

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

Heat: 2/5 Lane : 2 Athlete: WEYTJENS AMBER — **Q-time: 01:09:92**

PB (25m pool): 01:09.92 Bree 16/02/2025 **PB (50m pool):** 01:13.73 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.63		01:09.92	
		00:33.63		*00:36.29*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/5 Lane : 7 Athlete: THEUWIS RUNE — **Q-time: 01:10:02**

PB (25m pool): 01:10.02 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:12.73 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.18		01:10.02	
		00:34.18		*00:35.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/5 Lane : 4 Athlete: BUSSELS FLEUR — **Q-time: 01:01:11**

PB (25m pool): 01:01.11 Gent 09/11/2025 **PB (50m pool):** 01:03.36 **SB:** 01:01.17 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.70		01:01.11	
		00:29.70		*00:31.41*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/2 Lane : 3 Athlete: METTEN VINCE — **Q-time: 02:17:93**

PB (25m pool): 02:17.93 3500 Hasselt 18/10/2026 **PB (50m pool):** 02:21.44 **SB:** 02:17.93 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.03		01:06.52		01:42.13		02:17.93
		00:31.03		*00:35.49*		*00:35.61*		*00:35.80*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 4 Athlete: VRANKEN BARTEL — **Q-time: 02:14:14**

PB (25m pool): 02:10.90 Aachen 11/10/2026 **PB (50m pool):** 02:16.89 **SB:** 02:10.90 Aachen 11/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.55		01:02.69		01:36.11		02:10.90
		00:29.55		*00:33.14*		*00:33.42*		*00:34.79*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 1 Athlete: ORIS TIM — **Q-time: 02:28:12**

PB (25m pool): 02:26.62 3500 Hasselt 28/04/2024 **PB (50m pool):** 02:33.29 **SB:** 02:27.85 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:26.62
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:1, starttime: 10:31

Heat: 1/7 Lane : 3 Athlete: DAEMEN TUUR — **Q-time: 00:27:49**

PB (25m pool): 00:27.49 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:27.64 **SB:** 00:28.12 Hasselt 04/10/2026

	25 M	50 M	
PB		00:27.49	
		00:27.49	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 31: 200M BREASTSTROKE WOMEN — Heat:2, starttime: 10:42

Heat: 2/2 Lane : 4 Athlete: VANOTTERDIJK ROOS — **Q-time: 02:18:07**

PB (25m pool): 02:18.07 Gent 09/11/2025 **PB (50m pool):** 02:32.97 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.88		01:05.64		01:41.21		02:18.07
	00:30.88		*00:34.76*		*00:35.57*		*00:36.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/5 Lane : 5 Athlete: VEESTRAETEN MATS — **Q-time: 01:02:55**

PB (25m pool): 01:02.00 Pelt 08/10/2023 **PB (50m pool):** 01:03.37 **SB:** 01:02.55 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:02.00	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:1, starttime: 10:56

Heat: 1/7 Lane : 4 Athlete: THEUWIS MIRA — **Q-time: 00:28:65**

PB (25m pool): 00:28.65 LEUVEN 23/11/2025 **PB (50m pool):** 00:29.20 **SB:** no time

	25 M	50 M	
PB		00:28.65	
	00:28.65		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 7 Athlete: THEUWIS RUNE — **Q-time: 00:28:64**

PB (25m pool): 00:28.64 Bree 31/05/2026 **PB (50m pool):** 00:29.24 **SB:** no time

	25 M	50 M	
PB		00:28.64	
	00:28.64		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 6/7 Lane : 4 Athlete: VANOTTERDIJK ROOS — **Q-time: 00:24:14**

PB (25m pool): 00:24.14 Gent 09/11/2025 **PB (50m pool):** 00:24.83 **SB:** no time

	25M	50M	
PB		00:24.14	
	00:24.14		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 6/7 Lane : 5 Athlete: BUSSELS FLEUR — **Q-time: 00:25:86**

PB (25m pool): 00:25.76 Aachen 11/10/2026 **PB (50m pool):** 00:25.57 **SB:** 00:25.76 Aachen 11/10/2026

	25M	50M	
PB		00:25.76	
	00:25.76		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 200M MEDLEY MEN — Heat:2, starttime: 11:06

Heat: 2/3 Lane : 3 Athlete: METTEN VINCE — **Q-time: 02:08:46**

PB (25m pool): 02:08.46 Hasselt 04/10/2026 **PB (50m pool):** 02:16.10 **SB:** 02:08.46 Hasselt 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.36		01:02.05		01:38.98		02:08.46
	00:28.36		*00:33.69*		*00:36.93*		*00:29.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 1 Athlete: ORIS TIM — **Q-time: 02:14:30**

PB (25m pool): 02:12.57 3500 Hasselt 28/04/2024 **PB (50m pool):** 02:18.86 **SB:** 02:14.57 3500 Hasselt 18/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:12.57
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: