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

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

Coaches: Moerman Pieter

Coaches: Van der Elst Astrid

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

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

Heat: 1/2 Lane : 2 Athlete: JONCKHEERE EMILE — **Q-time: 02:24:21**

PB (25m pool): 02:24.21 Gent 09/11/2025 **PB (50m pool):** 02:35.81 **SB:** 02:34.82 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.86		01:09.05		01:46.29		02:24.21
		00:31.86		*00:37.19*		*00:37.24*		*00:37.92*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/7 Lane : 5 Athlete: SINNAEVE MIRKO — **Q-time: 00:27:47**

PB (25m pool): 00:27.47 Waregem 26/09/2026 **PB (50m pool):** 00:28.82 **SB:** 00:27.47 Waregem 26/09/2026

	25 M	50 M	
PB		00:27.47	
		00:27.47	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/7 Lane : 5 Athlete: JONCKHEERE EMILE — **Q-time: 00:27:20**

PB (25m pool): 00:27.20 DIKSMUIDE 30/11/2025 **PB (50m pool):** 00:27.48 **SB:** no time

	25 M	50 M	
PB		00:27.20	
		00:27.20	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 2/2 Lane : 6 Athlete: DEBECKER CHARLOTTE — **Q-time: 02:35:03**

PB (25m pool): 02:35.03 Gent 09/11/2025 **PB (50m pool):** 02:40.11 **SB:** 02:37.79 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:34.71		01:14.35		01:54.77		02:35.03
		00:34.71		*00:39.64*		*00:40.42*		*00:40.26*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 32: 100M BACKSTROKE MEN — Heat:1, starttime: 10:46

Heat: 1/5 Lane : 4 Athlete: SINNAEVE MIRKO — **Q-time: 01:03:22**

PB (25m pool): 01:03.22 Zwembad De Treffer 06/04/2026 **PB (50m pool):** 01:06.65 **SB:** no time

	25M	50M	75M	100M	
PB		00:30.79		01:03.22	
		00:30.79		*00:32.43*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 5 Athlete: DEBECKER CHARLOTTE — **Q-time: 04:23:03**

PB (25m pool): 04:23.03 Zaventem 15/07/2025 **PB (50m pool):** 04:32.82 **SB:** 04:31.39 Meulebeke 25/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:02.82		no time		02:09.63
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	250M	275M	300	325	350	375	400M
PB		no time		no time		no time		04:23.03
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: