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

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

Coaches: Peeters Vincent

Coaches: Melis Tom

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

Event number: 27: 100M BACKSTROKE WOMEN — Heat:1, starttime: 10:11

Heat: 1/5 Lane : 3 Athlete: GRAHAM JIL — **Q-time: 01:10:92**

PB (25m pool): 01:09.07 Leuven 20/10/2024 **PB (50m pool):** 01:11.60 **SB:** 01:10.19 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		no time		01:09.07	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 2 Athlete: WILLAERT AYLA — **Q-time: 02:39:74**

PB (25m pool): 02:39.40 LAGO Zwevegem 20/05/2024 **PB (50m pool):** 02:42.62 **SB:** 02:41.32 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:39.40
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 32: 100M BACKSTROKE MEN — Heat:4, starttime: 10:52

Heat: 4/5 Lane : 4 Athlete: VAN WELLEN JOSEPH — **Q-time: 00:55:54**

PB (25m pool): 00:55.54 Gent 09/11/2025 **PB (50m pool):** 00:56.24 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:26.89		00:55.54	
		00:26.89		*00:28.65*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/7 Lane : 2 Athlete: WILLAERT AYLA — **Q-time: 00:27:82**

PB (25m pool): 00:27.03 Eeklo 01/04/2024 — **PB (50m pool):** 00:27.36 **SB:** 00:28.11 Mol 04/10/2026

	25M	50M
PB		00:27.03
	00:27.03	
	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/3 Lane : 4 Athlete: VAN WELLEN JOSEPH — **Q-time: 02:03:53**

PB (25m pool): 02:03.53 Gent 09/11/2025 — **PB (50m pool):** 02:03.99 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:26.66		00:58.63		01:34.68		02:03.53
		00:26.66		*00:31.97*		*00:36.05*		*00:28.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN — Heat:1, starttime: 11:12

Heat: 1/2 Lane : 6 Athlete: GRAHAM JIL — **Q-time: 04:35:10**

PB (25m pool): 04:32.08 Leuven 20/10/2024 — **PB (50m pool):** 04:32.20 **SB:** 04:35.10 Mol 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:31.24		01:04.88		01:39.09		02:13.48
		00:31.24		*00:33.64*		*00:34.21*		*00:34.39*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:47.70		03:22.76		03:57.72		04:32.08
		00:34.22		*00:35.06*		*00:34.96*		*00:34.36*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: