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

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

Coaches: Dillen Katia HEADCOACH

Coaches: De Cuyper Tibo

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 : 5 Athlete: VAN LOOY ANKE — **Q-time: 01:09:26**

PB (25m pool): 01:09.26 LEUVEN 21/12/2025 **PB (50m pool):** 01:12.70 **SB:** 01:10.52 Mol 04/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.90		01:09.26	
	00:33.90		*00:35.36*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:7, starttime: 10:37

Heat: 7/7 Lane : 7 Athlete: LEIRS BAVO — **Q-time: 00:25:91**

PB (25m pool): 00:25.91 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:25.65 **SB:** no time

	2 5 M	5 0 M	
PB		00:25.91	
	00:25.91		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/5 Lane : 3 Athlete: DE CUYPER LENS — **Q-time: 01:02:73**

PB (25m pool): 01:02.73 LEUVEN 21/12/2025 **PB (50m pool):** 01:05.58 **SB:** 01:02.92 Nijlen 18/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.77		01:02.73	
	00:30.77		*00:31.96*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/7 Lane : 6 Athlete: STRUYF LIESELOT **Q-time: 00:28:19**

PB (25m pool): 00:28.19 Herentals 17/05/2025 **PB (50m pool):** 00:28.94 **SB:** no time

	25 M	50 M	
PB		00:28.19	
		00:28.19	
	. . : . . : . .	. . : . . : . .	

Coach feedback: