# Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: KAZS

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

**Coaches: Lievens Stijn**

**Coaches: Raes Kurt**

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

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## Event number: 26: 200M FREESTYLE MEN — Heat:2, starttime: 10:03

**Heat: 2/4 Lane : 8 Athlete: RAES DRIES** — **Q-time: 01:58:70**

**PB (25m pool): 01:58.70 Aarschot 27/07/2026** **PB (50m pool):** 02:03.77 **SB:** no time

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:27.19 | | 00:57.32 | | no time | | 01:58.70 |
| | | *00:27.19* | | *00:30.13* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 27: 100M BACKSTROKE WOMEN — Heat:5, starttime: 10:19

**Heat: 5/5 Lane : 3 Athlete: WOUTERS BRIANA** — **Q-time: 01:04:27**

**PB (25m pool): 01:04.27 Stedelijk Zwembad Geel 16/02/2025** **PB (50m pool):** 01:07.67 **SB:** 01:05.87 Nijlen 18/10/2026

| | 25 M | 50 M | 75 M | 100 M | |
|---|---|---|---|---|---|
| PB | | 00:31.10 | | 01:04.27 | |
| | | *00:31.10* | | *00:33.17* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 29: 200M BUTTERFLY WOMEN — Heat:1, starttime: 10:28

**Heat: 1/1 Lane : 6 Athlete: MEYER THYRVI** — **Q-time: 02:29:89**

**PB (25m pool): 02:29.89 Mol 28/12/2025** **PB (50m pool):** 02:33.20 **SB:** 02:38.52 Tienen 27/09/2026

| | 25 M | 50 M | 75 M | 100 | 125 | 150 | 175 | 200 M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:34.37 | | 01:13.06 | | 01:52.79 | | 02:29.89 |
| | | *00:34.37* | | *00:38.69* | | *00:39.73* | | *00:37.10* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

# Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: KAZS

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

**Heat: 2/2 Lane : 5 Athlete: DELCOMMUNE ZINKE** — **Q-time: 02:26:04**

**PB (25m pool):** 02:25.44 Aarschot 01/08/2022 **PB (50m pool):** 02:29.29 **SB:** 02:31.84 Aachen 11/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | no time | | no time | | no time | | 02:25.44 |
| | | *no time* | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 4/5 Lane : 8 Athlete: WILLEM ARTHUR** — **Q-time: 01:02:22**

**PB (25m pool):** 01:02.22 Leuven 04/10/2026 **PB (50m pool):** 01:05.51 **SB:** 01:02.22 Leuven 04/10/2026

| | 25M | 50M | 75M | 100M | |
|---|---|---|---|---|---|
| PB | | 00:30.13 | | 01:02.22 | |
| | | *00:30.13* | | *00:32.09* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

## Event number: 32: 100M BACKSTROKE MEN — Heat:5, starttime: 10:54

**Heat: 5/5 Lane : 6 Athlete: RAES DRIES** — **Q-time: 00:59:94**

**PB (25m pool):** 00:59.89 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 01:01.58 **SB:** no time

| | 25M | 50M | 75M | 100M | |
|---|---|---|---|---|---|
| PB | | 00:28.79 | | 00:59.89 | |
| | | *00:28.79* | | *00:31.10* | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | |

Coach feedback:

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

**Heat: 2/7 Lane : 3 Athlete: VERVLOESSEM SISKA** — **Q-time: 00:28:57**

**PB (25m pool):** 00:28.57 Herentals 09/05/2026 **PB (50m pool):** 00:29.19 **SB:** no time

| | 25M | 50M | |
|---|---|---|---|
| PB | | 00:28.57 | |
| | | *00:28.57* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: KAZS

| Event number: 33: 50M FREESTYLE WOMEN | Heat:6, starttime: 11:01 |
|---|---|
| Heat: 6/7 Lane : 3 Athlete: WOUTERS BRIANA | Q-time: 00:26:21 |

**PB (25m pool):** 00:26.20 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:26.71 **SB:** 00:26.52 Nijlen 18/10/2026

| | 25 M | 50 M | |
|---|---|---|---|
| PB | | 00:26.20 | |
| | | *00:26.20* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback: