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

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

Coaches: Dewulf Bart HEADCOACH

Coaches: Duck Chantal

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 : 4 Athlete: CHRISTIAENS ANNABEL — **Q-time: 01:10:30**

PB (25m pool): 01:08.33 Nijlen 19/11/2023 **PB (50m pool):** 01:11.03 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:08.33	
	no time				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/2 Lane : 1 Athlete: CHRISTIAENS STIJN — **Q-time: 02:29:18**

PB (25m pool): 02:25.99 Kortrijk 26/12/2022 **PB (50m pool):** 02:34.15 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:25.99
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 2 Athlete: VERELZEN ROBBE — **Q-time: 02:23:86**

PB (25m pool): 02:23.86 Gent 09/11/2025 **PB (50m pool):** 02:28.76 **SB:** 02:28.49 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:31.52		01:08.04		01:45.55		02:23.86
	00:31.52		*00:36.52*		*00:37.51*		*00:38.31*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 30: 50M BUTTERFLY MEN — Heat:3, starttime: 10:33

Heat: 3/7 Lane : 5 Athlete: FEYS JONAH — **Q-time: 00:26:77**

PB (25m pool): 00:26.77 Sint-Amandsberg 18/10/2026 **PB (50m pool):** 00:27.84 **SB:** 00:26.77 Sint-Amandsberg 18/10/2026

	25 M	50 M	
PB		00:26.77	
	00:26.77		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:4, starttime: 10:34

Heat: 4/7 Lane : 1 Athlete: DECUPERE CEDRIC — **Q-time: 00:26:56**

PB (25m pool): 00:26.56 Brugge 04/10/2026 **PB (50m pool):** 00:26.63 **SB:** 00:26.56 Brugge 04/10/2026

	25 M	50 M	
PB		00:26.56	
	00:26.56		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 8 Athlete: CHRISTIAENS STIJN — **Q-time: 00:26:23**

PB (25m pool): 00:26.23 Ettelbruck 19/04/2026 **PB (50m pool):** 00:26.64 **SB:** no time

	25 M	50 M	
PB		00:26.23	
	00:26.23		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/5 Lane : 8 Athlete: DECUPERE CEDRIC — **Q-time: 01:03:16**

PB (25m pool): 01:03.16 Ettelbruck 20/04/2025 **PB (50m pool):** 01:04.20 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:30.65		01:03.16	
	00:30.65		*00:32.51*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/5 Lane : 6 Athlete: FEYS JONAH — **Q-time: 00:59:94**

PB (25m pool): 00:59.94 Brugge 04/10/2026 **PB (50m pool):** 01:01.16 **SB:** 00:59.94 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.52		00:59.94	
	00:29.52		*00:30.42*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 3 Athlete: CHRISTIAENS ANNABEL — **Q-time: 00:28:13**

PB (25m pool): 00:28.13 Ettelbruck 20/04/2025 **PB (50m pool):** 00:28.62 **SB:** 00:29.18 Brugge 04/10/2026

	25 M	50 M	
PB		00:28.13	
	00:28.13		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 5 Athlete: DECOCK MAAIKE — **Q-time: 00:28:10**

PB (25m pool): 00:28.10 Brugge 04/10/2026 **PB (50m pool):** 00:28.50 **SB:** 00:28.10 Brugge 04/10/2026

	25 M	50 M	
PB		00:28.10	
	00:28.10		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 5 Athlete: CHRISTIAENS JUTTA — **Q-time: 00:27:62**

PB (25m pool): 00:27.12 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:27.45 **SB:** 00:28.34 Brugge 04/10/2026

	25 M	50 M	
PB		00:27.12	
	00:27.12		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/3 Lane : 7 Athlete: VERELZEN ROBBE **Q-time: 02:13:56**

PB (25m pool): 02:13.21 Brugge 20/10/2024 **PB (50m pool):** 02:17.39 **SB:** 02:17.36 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.90		01:04.76		01:42.80		02:13.21
		00:28.90		*00:35.86*		*00:38.04*		*00:30.41*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: