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

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

Coaches: Hendrickx Lander HEADCOACH

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

Event number: 26: 200M FREESTYLE MEN — Heat:4, starttime: 10:08

Heat: 4/4 Lane : 6 Athlete: VERMAUT ARTHUR — **Q-time: 01:52:59**

PB (25m pool): 01:52.59 LEUVEN 23/11/2025 **PB (50m pool):** 01:55.87 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:25.57		00:53.42		01:22.76		01:52.59
		00:25.57		*00:27.85*		*00:29.34*		*00:29.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 5 Athlete: BAETEN LUKAS — **Q-time: 02:14:71**

PB (25m pool): 02:14.71 Aachen 11/10/2026 **PB (50m pool):** 02:15.56 **SB:** 02:14.71 Aachen 11/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:29.41		01:03.27		01:38.20		02:14.71
		00:29.41		*00:33.86*		*00:34.93*		*00:36.51*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:5, starttime: 10:35

Heat: 5/7 Lane : 2 Athlete: VAN HOOF DAAN — **Q-time: 00:25:86**

PB (25m pool): 00:25.86 LEUVEN. 22/02/2026 **PB (50m pool):** 00:26.73 **SB:** no time

	25M	50M	
PB		00:25.86	
		00:25.86	
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Coach feedback:

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

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

Heat: 2/2 Lane : 7 Athlete: SCHOEFS ELISE — **Q-time: 02:44:57**

PB (25m pool): 02:38.48 Sint Amandsberg 10/11/2019 **PB (50m pool):** 02:45.32 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:38.48
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/3 Lane : 5 Athlete: VERMAUT ARTHUR — **Q-time: 02:06:56**

PB (25m pool): 02:06.56 Braine l Alleud 05/04/2026 **PB (50m pool):** 02:08.85 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:27.27		00:59.82		01:36.65		02:06.56
		00:27.27		*00:32.55*		*00:36.83*		*00:29.91*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 3/3 Lane : 6 Athlete: VAN HOOF DAAN — **Q-time: 02:09:34**

PB (25m pool): 02:09.34 Leuven 04/10/2026 **PB (50m pool):** 02:15.78 **SB:** 02:09.34 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.05		01:02.27		01:39.10		02:09.34
		00:28.05		*00:34.22*		*00:36.83*		*00:30.24*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: