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

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

Coaches: Jacobs Ella HEADCOACH

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

Event number: 27: 100M BACKSTROKE WOMEN — Heat:4, starttime: 10:17

Heat: 4/5 Lane : 8 Athlete: JACOBS ELLA — **Q-time: 01:07:90**

PB (25m pool): 01:07.90 Gent 23/02/2025 **PB (50m pool):** 01:12.28 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.16		01:07.90	
		00:33.16		*00:34.74*	
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Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:5, starttime: 11:00

Heat: 5/7 Lane : 6 Athlete: JACOBS ELLA — **Q-time: 00:26:44**

PB (25m pool): 00:26.44 Gent 09/11/2025 **PB (50m pool):** 00:27.10 **SB:** 00:26.73 Durmehal 27/09/2026

	25 M	50 M	
PB		00:26.44	
		00:26.44	
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Coach feedback: