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

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

Coaches: Verbauwen Carine HEADCOACH

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

Event number: 26: 200M FREESTYLE MEN — Heat:1, starttime: 10:00

Heat: 1/4 Lane : 1 Athlete: KOCKX HENRI — **Q-time: 02:05:40**

PB (25m pool): 02:00.20 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:01.42 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:28.03		00:58.32		01:29.37		02:00.20
		00:28.03		*00:30.29*		*00:31.05*		*00:30.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 26: 200M FREESTYLE MEN — Heat:1, starttime: 10:00

Heat: 1/4 Lane : 4 Athlete: VANGAMPELAERE MILAN — **Q-time: 01:59:38**

PB (25m pool): 01:57.35 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 01:59.38 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:27.23		00:56.83		01:27.21		01:57.35
		00:27.23		*00:29.60*		*00:30.38*		*00:30.14*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 26: 200M FREESTYLE MEN — Heat:3, starttime: 10:05

Heat: 3/4 Lane : 5 Athlete: BAEYE LEON — **Q-time: 01:48:91**

PB (25m pool): 01:47.37 Aachen 11/10/2026 PB (50m pool): 01:49.30 **SB:** 01:47.37 Aachen 11/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:25.23		00:52.55		01:20.15		01:47.37
		00:25.23		*00:27.32*		*00:27.60*		*00:27.22*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 26: 200M FREESTYLE MEN — Heat:3, starttime: 10:05

Heat: 3/4 Lane : 7 Athlete: SCHRAM THOR — **Q-time: 01:55:97**

PB (25m pool): 01:55.97 Eeklo 21/04/2025 **PB (50m pool):** 01:58.14 **SB:** 02:00.05 Aachen 11/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:26.88		00:55.63		no time		01:55.97
		00:26.88		*00:28.75*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 26: 200M FREESTYLE MEN — Heat:3, starttime: 10:05

Heat: 3/4 Lane : 8 Athlete: LEROUX WOUT — **Q-time: 01:58:68**

PB (25m pool): 01:58.68 TEMSE 23/11/2025 **PB (50m pool):** 01:59.61 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:27.41		00:57.11		01:27.83		01:58.68
		00:27.41		*00:29.70*		*00:30.72*		*00:30.85*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/4 Lane : 1 Athlete: CAUDRON XIBE — **Q-time: 01:56:58**

PB (25m pool): 01:56.58 Aachen 11/10/2026 **PB (50m pool):** 01:59.73 **SB:** 01:56.58 Aachen 11/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:26.99		00:55.89		01:25.97		01:56.58
		00:26.99		*00:28.90*		*00:30.08*		*00:30.61*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:3, starttime: 10:15

Heat: 3/5 Lane : 8 Athlete: VANGAMPELAERE LAURA — **Q-time: 01:08:53**

PB (25m pool): 01:07.50 LAGO Zwevegem 20/05/2024 **PB (50m pool):** 01:09.01 **SB:** no time

	25M	50M	75M	100M
PB		no time		01:07.50
		no time		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 4/5 Lane : 6 Athlete: VAN BRABANDT JULIETTE — **Q-time: 01:05:24**

PB (25m pool): 01:05.24 Temse 21/12/2025 **PB (50m pool):** 01:08.39 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:31.15		01:05.24	
		00:31.15		*00:34.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 5 Athlete: MATTHEEUWS LIE — **Q-time: 01:03:09**

PB (25m pool): 01:03.09 Gent 09/11/2025 **PB (50m pool):** 01:04.72 **SB:** 01:04.87 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.00		01:03.09	
		00:30.00		*00:33.09*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 6 Athlete: HUENS NOOR — **Q-time: 01:05:10**

PB (25m pool): 01:05.10 Gent 09/11/2025 **PB (50m pool):** 01:07.00 **SB:** 01:07.80 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:31.38		01:05.10	
		00:31.38		*00:33.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:2, starttime: 10:32

Heat: 2/7 Lane : 7 Athlete: CAUDRON XIBE — **Q-time: 00:27:37**

PB (25m pool): 00:27.37 Aachen 11/10/2026 **PB (50m pool):** 00:28.19 **SB:** 00:27.37 Aachen 11/10/2026

	25 M	50 M	
PB		00:27.37	
		00:27.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/7 Lane : 1 Athlete: VANGAMPELAERE MILAN — **Q-time: 00:26:99**

PB (25m pool): 00:26.99 EEKLO 04/10/2026 **PB (50m pool):** 00:27.51 **SB:** 00:26.99 EEKLO 04/10/2026

	2 5 M	5 0 M	
PB		00:26.99	
		00:26.99	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 3/7 Lane : 4 Athlete: CLAEYS OSCAR — **Q-time: 00:26:74**

PB (25m pool): 00:26.60 Aachen 11/10/2026 **PB (50m pool):** 00:26.65 **SB:** 00:26.60 Aachen 11/10/2026

	2 5 M	5 0 M	
PB		00:26.60	
		00:26.60	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 3 Athlete: LEROUX WOUT — **Q-time: 00:26:41**

PB (25m pool): 00:26.41 Gent 09/11/2025 **PB (50m pool):** 00:26.58 **SB:** 00:27.02 Aachen 11/10/2026

	2 5 M	5 0 M	
PB		00:26.41	
		00:26.41	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:6, starttime: 10:36

Heat: 6/7 Lane : 5 Athlete: DE MUL TOM — **Q-time: 00:25:10**

PB (25m pool): 00:25.10 Gent 09/11/2025 **PB (50m pool):** 00:25.33 **SB:** no time

	2 5 M	5 0 M	
PB		00:25.10	
		00:25.10	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/7 Lane : 1 Athlete: SCHRAM THOR — **Q-time: 00:25:99**

PB (25m pool): 00:26.28 Gent 09/11/2025 — **PB (50m pool):** 00:26.88 **SB:** 00:27.05 Aachen 11/10/2026

	25 M	50 M	
PB		00:26.28	
	00:26.28		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 31: 200M BREASTSTROKE WOMEN — Heat:1, starttime: 10:39

Heat: 1/2 Lane : 3 Athlete: RAEMDONCK BENTHE-MARIE — **Q-time: 02:34:58**

PB (25m pool): 02:34.58 TEMSE 23/11/2025 — **PB (50m pool):** 02:37.87 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:35.33		01:15.03		01:54.80		02:34.58
		00:35.33		*00:39.70*		*00:39.77*		*00:39.78*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/2 Lane : 3 Athlete: GOBERT LIES — **Q-time: 02:33:39**

PB (25m pool): 02:33.39 Gent 09/11/2025 — **PB (50m pool):** 02:36.18 **SB:** 02:34.73 Aachen 11/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.66		01:13.71		01:53.48		02:33.39
		00:34.66		*00:39.05*		*00:39.77*		*00:39.91*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 2/5 Lane : 4 Athlete: ROSIERS NICOLAS — **Q-time: 01:02:45**

PB (25m pool): 01:02.45 EEKLO 04/10/2026 — **PB (50m pool):** 01:06.85 **SB:** 01:02.45 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.28		01:02.45	
		00:29.28		*00:33.17*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 32: 100M BACKSTROKE MEN — Heat:3, starttime: 10:50

Heat: 3/5 Lane : 3 Athlete: VAN DEURSEN SIEBE — **Q-time: 00:59:86**

PB (25m pool): 00:59.86 Gent 09/11/2025 **PB (50m pool):** 01:01.90 **SB:** 01:00.19 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.40		00:59.86	
		00:28.40		*00:31.46*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M BACKSTROKE MEN — Heat:3, starttime: 10:50

Heat: 3/5 Lane : 6 Athlete: NAAKTGEBOREN JAKOB — **Q-time: 01:00:32**

PB (25m pool): 01:00.32 Aachen 11/10/2026 **PB (50m pool):** 01:02.45 **SB:** 01:00.32 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.95		01:00.32	
		00:28.95		*00:31.37*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 4 Athlete: VERRETH NOAH — **Q-time: 00:50:36**

PB (25m pool): 00:50.36 Gent 09/11/2025 **PB (50m pool):** 00:53.62 **SB:** 00:51.72 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:23.91		00:50.36	
		00:23.91		*00:26.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:1, starttime: 10:56

Heat: 1/7 Lane : 5 Athlete: VANGAMPELAERE LAURA — **Q-time: 00:28:67**

PB (25m pool): 00:28.67 EEKLO 04/10/2026 **PB (50m pool):** 00:29.27 **SB:** 00:28.67 EEKLO 04/10/2026

	25 M	50 M	
PB		00:28.67	
		00:28.67	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/7 Lane : 4 Athlete: GOBERT LIES — **Q-time: 00:27:61**

PB (25m pool): 00:27.10 LAGO Rozebroeken 23/10/2022 **PB (50m pool):** 00:27.61 **SB:** no time

	25 M	50 M	
PB		00:27.10	
	00:27.10		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:6, starttime: 11:01

Heat: 6/7 Lane : 7 Athlete: VAN GYSEL MAITE — **Q-time: 00:27:04**

PB (25m pool): 00:27.11 Aachen 11/10/2026 **PB (50m pool):** 00:27.63 **SB:** 00:27.11 Aachen 11/10/2026

	25 M	50 M	
PB		00:27.11	
	00:27.11		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:7, starttime: 11:02

Heat: 7/7 Lane : 3 Athlete: MATTHEEUWS LIE — **Q-time: 00:26:10**

PB (25m pool): 00:26.08 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:26.47 **SB:** 00:26.44 Aachen 11/10/2026

	25 M	50 M	
PB		00:26.08	
	00:26.08		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:7, starttime: 11:02

Heat: 7/7 Lane : 5 Athlete: VAN BRABANDT JULIETTE — **Q-time: 00:25:78**

PB (25m pool): 00:25.78 Gent 09/11/2025 **PB (50m pool):** 00:26.51 **SB:** 00:25.94 Aachen 11/10/2026

	25 M	50 M	
PB		00:25.78	
	00:25.78		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/3 Lane : 7 Athlete: CAUDRON XIBE — **Q-time: 02:14:18**

PB (25m pool): 02:14.18 EEKLO 04/10/2026 — **PB (50m pool):** 02:18.15 **SB:** 02:14.18 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:28.50		no time		no time		02:14.18
		00:28.50						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 200M MEDLEY MEN — Heat:2, starttime: 11:06

Heat: 2/3 Lane : 6 Athlete: DE MUL TOM — **Q-time: 02:09:97**

PB (25m pool): 02:09.97 EEKLO 04/10/2026 — **PB (50m pool):** 02:21.21 **SB:** 02:09.97 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.60		no time		no time		02:09.97
		00:27.60						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 200M MEDLEY MEN — Heat:2, starttime: 11:06

Heat: 2/3 Lane : 7 Athlete: CLAEYS OSCAR — **Q-time: 02:13:69**

PB (25m pool): 02:13.69 EEKLO 04/10/2026 — **PB (50m pool):** 02:16.81 **SB:** 02:13.69 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:29.16		no time		no time		02:13.69
		00:29.16						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: