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

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

Coaches: Dekoninck Nicole HEADCOACH

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

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

Heat: 5/5 Lane : 2 Athlete: BEISHUIZEN TOM — **Q-time: 01:00:75**

PB (25m pool): 01:00.97 Hasselt 04/10/2026 **PB (50m pool):** 01:03.20 **SB:** 01:00.97 Hasselt 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.39		01:00.97	
		00:29.39		*00:31.58*	
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Coach feedback: