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

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

Coaches: Van Den Bosch Jeroen

Coaches: Drabs Hanne HEADCOACH

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

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

Heat: 5/5 Lane : 7 Athlete: VANHOOF MARIEKE — **Q-time: 01:05:85**

PB (25m pool): 01:05.76 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 01:06.99 **SB:** 01:09.19 Groenenhoek Berchem 10/10/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.72		01:05.76	
	00:31.72		*00:34.04*		
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 8 Athlete: VAN DEN BOSCH FREDERIC — **Q-time: 00:26:31**

PB (25m pool): 00:26.62 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:26.31 **SB:** 00:26.93 Dilbeek 27/09/2026

	2 5 M	5 0 M	
PB		00:26.62	
	00:26.62		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 7/7 Lane : 2 Athlete: BAECKELMANS JARNE — **Q-time: 00:25:78**

PB (25m pool): 00:24.94 Leuven 13/11/2022 **PB (50m pool):** 00:25.69 **SB:** 00:26.27 Dilbeek 27/09/2026

	2 5 M	5 0 M	
PB		00:24.94	
	00:24.94		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 32: 100M BACKSTROKE MEN — Heat:1, starttime: 10:46

Heat: 1/5 Lane : 3 Athlete: VANHOOF WANNES — **Q-time: 01:03:29**

PB (25m pool): 01:05.69 Groenenhoek Berchem 05/10/2025 PB (50m pool): 01:06.77 **SB:** no time

	25M	50M	75M	100M	
PB		00:31.79		01:05.69	
		00:31.79		*00:33.90*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 4/7 Lane : 8 Athlete: VAN DEN BOSCH MAXINE — **Q-time: 00:27:90**

PB (25m pool): 00:27.14 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 00:28.08 **SB:** 00:27.94 Dilbeek 27/09/2026

	25M	50M	
PB		00:27.14	
		00:27.14	
	. . : . . : . .	. . : . . : . .	

Coach feedback: