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

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

Coaches: Lejeune Melanie

Coaches: Lejeune Yves HEADCOACH

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

Event number: 29: 200M BUTTERFLY WOMEN — Heat:1, starttime: 10:28

Heat: 1/1 Lane : 5 Athlete: VEDERNIKOVA VERA — **Q-time: 02:21:33**

PB (25m pool): 02:21.33 ARRAS 29/12/2025 **PB (50m pool):** 02:23.06 **SB:** 02:27.76 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:31.67		01:07.92		01:46.27		02:21.33
		00:31.67		*00:36.25*		*00:38.35*		*00:35.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 29: 200M BUTTERFLY WOMEN — Heat:1, starttime: 10:28

Heat: 1/1 Lane : 7 Athlete: EL MARGOUM INES — **Q-time: 02:31:23**

PB (25m pool): 02:31.23 Mons 26/10/2025 **PB (50m pool):** 02:32.21 **SB:** 02:31.82 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:33.41		01:11.01		01:50.90		02:31.23
		00:33.41		*00:37.60*		*00:39.89*		*00:40.33*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 2 Athlete: GANSEMANS KESSY — **Q-time: 02:43:12**

PB (25m pool): 02:42.83 Mons 25/10/2026 **PB (50m pool):** 02:47.21 **SB:** 02:42.83 Mons 25/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.10		01:18.30		02:00.56		02:42.83
		00:37.10		*00:41.20*		*00:42.26*		*00:42.27*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 5/7 Lane : 8 Athlete: BRACONI MARGHERITA **Q-time: 00:27:59**

PB (25m pool): 27.59 27eme Meeting International de 12/04/2026 **PB (50m pool):** 28.80 **SB:** 00:28.62 Leuven 04/10/2026

	25M	50M	
PB		27.59	
	27.59		
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Coach feedback: