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

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

Coaches: Feyten Anne

Coaches: Wouters Maxim 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 : 7 Athlete: VERBEEK SEM — **Q-time: 02:00:57**

PB (25m pool): 02:00.23 Hasselt 28/11/2021 **PB (50m pool):** 02:02.83 **SB:** 02:00.57 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:00.23
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/7 Lane : 7 Athlete: VERBEEK SEM — **Q-time: 00:25:94**

PB (25m pool): 00:25.94 Mol 04/10/2026 **PB (50m pool):** 00:26.44 **SB:** 00:25.94 Mol 04/10/2026

	25M	50M	
PB		00:25.94	
	00:25.94		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 2/2 Lane : 1 Athlete: MERTENS HELENA — **Q-time: 02:48:15**

PB (25m pool): 02:48.15 Parklaan 58, Turnhout 30/03/2025 **PB (50m pool):** 02:58.22 **SB:** 02:50.42 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:37.33		01:19.54		no time		02:48.15
	00:37.33		*00:42.21*					
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 35: 400M FREESTYLE WOMEN **Heat:2, starttime: 11:17**

Heat: 2/2 Lane : 2 Athlete: MERTENS HELENA **Q-time: 04:38:58**

PB (25m pool): 04:32.27 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 04:38.58 **SB:** 04:40.02 Herentals 10/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:30.54		01:03.78		01:37.84		02:12.59
		00:30.54		*00:33.24*		*00:34.06*		*00:34.75*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:47.47		03:22.61		03:58.23		04:32.27
		00:34.88		*00:35.14*		*00:35.62*		*00:34.04*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: