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

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

Coaches: Van Oost Sven 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 : 6 Athlete: VAN OOST MARTIJN — **Q-time: 02:00:43**

PB (25m pool): 02:00.43 EEKLO 04/10/2026 **PB (50m pool):** 02:05.01 **SB:** 02:00.43 EEKLO 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.16		00:58.56		no time		02:00.43
		00:28.16		*00:30.40*				
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Coach feedback:

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

Heat: 1/5 Lane : 7 Athlete: VAN OOST MARTIJN — **Q-time: 01:04:17**

PB (25m pool): 01:04.17 Temse 21/12/2025 **PB (50m pool):** 01:07.71 **SB:** 01:04.67 EEKLO 04/10/2026

	25M	50M	75M	100M	
PB		00:31.48		01:04.17	
		00:31.48		*00:32.69*	
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Coach feedback: