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

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

Coaches: Van Avondt Peter HEADCOACH

Coaches: Lasoen Sam

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

Event number: 26: 200M FREESTYLE MEN — Heat:2, starttime: 10:03

Heat: 2/4 Lane : 1 Athlete: DHOOGE LIAM — **Q-time: 01:57:36**

PB (25m pool): 01:57.36 LEUVEN 23/11/2025 **PB (50m pool):** 02:01.47 **SB:** 01:57.61 EEKLO 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.19		00:57.03		01:27.44		01:57.36
		00:27.19		*00:29.84*		*00:30.41*		*00:29.92*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:3, starttime: 10:15

Heat: 3/5 Lane : 1 Athlete: VAN AVONDT LINA — **Q-time: 01:07:28**

PB (25m pool): 01:07.28 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:10.36 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:32.67		01:07.28	
		00:32.67		*00:34.61*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/1 Lane : 1 Athlete: RUTSAERT EMILY — **Q-time: 02:33:73**

PB (25m pool): 02:33.73 Sint-Amandsberg 18/10/2026 **PB (50m pool):** no time **SB:** 02:33.73 Sint-Amandsberg 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:34.23		01:14.68		01:54.37		02:33.73
		00:34.23		*00:40.45*		*00:39.69*		*00:39.36*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 32: 100M BACKSTROKE MEN — Heat:2, starttime: 10:48

Heat: 2/5 Lane : 6 Athlete: DHOOGE LIAM — **Q-time: 01:03:02**

PB (25m pool): 01:03.02 LAGO Zwevegem 25/05/2026 **PB (50m pool):** 01:07.24 **SB:** 01:04.77 EEKLO 04/10/2026

	25M	50M	75M	100M
PB		00:30.85		01:03.02
		00:30.85		*00:32.17*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:3, starttime: 10:58

Heat: 3/7 Lane : 1 Athlete: DE GRAVE LIZE — **Q-time: 00:28:30**

PB (25m pool): 00:28.30 T ROSCO 12/10/2025 **PB (50m pool):** 00:29.48 **SB:** 00:28.53 EEKLO 04/10/2026

	25M	50M
PB		00:28.30
		00:28.30
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 35: 400M FREESTYLE WOMEN — Heat:1, starttime: 11:12

Heat: 1/2 Lane : 3 Athlete: VAN AVONDT LINA — **Q-time: 04:26:40**

PB (25m pool): 04:26.40 Gent 09/11/2025 **PB (50m pool):** 04:30.63 **SB:** 04:27.66 Durmehal 27/09/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:30.01		01:02.81		01:36.53		02:11.16
		00:30.01		*00:32.80*		*00:33.72*		*00:34.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:45.08		03:19.27		03:53.26		04:26.40
		00:33.92		*00:34.19*		*00:33.99*		*00:33.14*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: