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

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

Coaches: Leemans Mats

Coaches: Januarius Bart HEADCOACH

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

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

Heat: 3/5 Lane : 5 Athlete: NAZARUK NICOLE — **Q-time: 01:03:71**

PB (25m pool): 01:02.83 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 01:05.24 **SB:** 01:03.44 Aachen 11/10/2026

	25 M	50 M	75 M	100 M	
PB		00:30.60		01:02.83	
		00:30.60		*00:32.23*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 28: 200M BREASTSTROKE MEN — Heat:1, starttime: 10:21

Heat: 1/2 Lane : 6 Athlete: CLEYMANS KARSTEN — **Q-time: 02:22:81**

PB (25m pool): 02:22.81 Leuven 12/10/2025 PB (50m pool): 02:32.63 **SB:** 02:26.88 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:32.25		01:08.70		01:45.08		02:22.81
		00:32.25		*00:36.45*		*00:36.38*		*00:37.73*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 28: 200M BREASTSTROKE MEN — Heat:2, starttime: 10:24

Heat: 2/2 Lane : 6 Athlete: CLEYMANS TORBEN — **Q-time: 02:20:47**

PB (25m pool): 02:20.47 Leuven 12/10/2025 PB (50m pool): 02:26.51 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.73		01:06.83		01:44.64		02:20.47
		00:30.73		*00:36.10*		*00:37.81*		*00:35.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 30: 50M BUTTERFLY MEN — Heat:4, starttime: 10:34

Heat: 4/7 Lane : 2 Athlete: CLEYMANS TORBEN — **Q-time: 00:26:52**

PB (25m pool): 00:26.52 Tervuren 10/10/2026 — **PB (50m pool):** 00:27.25 **SB:** 00:26.52 Tervuren 10/10/2026

	25 M	50 M	
PB		00:26.52	
		00:26.52	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 5 Athlete: THIéBAUT NOAH — **Q-time: 00:25:18**

PB (25m pool): 00:25.51 Gent(Sint-Amandsberg) 11/11/2024 — **PB (50m pool):** 00:25.18 **SB:** no time

	25 M	50 M	
PB		00:25.51	
		00:25.51	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:7, starttime: 11:02

Heat: 7/7 Lane : 2 Athlete: NAZARUK NICOLE — **Q-time: 00:26:86**

PB (25m pool): 00:26.81 Leuven 15/10/2023 — **PB (50m pool):** 00:27.14 **SB:** 00:26.86 Leuven 04/10/2026

	25 M	50 M	
PB		00:26.81	
		00:26.81	
	. . : . . : . .	. . : . . : . .	

Coach feedback: