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

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

Coaches: Vanderhulst Kasper

Coaches: Ciommo Fabio HEADCOACH

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

Event number: 26: 200M FREESTYLE MEN — Heat:3, starttime: 10:05

Heat: 3/4 Lane : 1 Athlete: MATTHEUS IBE — **Q-time: 01:56:69**

PB (25m pool): 01:56.69 Leuven 12/10/2025 **PB (50m pool):** 02:02.21 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:26.02		00:55.22		01:25.62		01:56.69
		00:26.02		*00:29.20*		*00:30.40*		*00:31.07*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 4/7 Lane : 6 Athlete: MATTHEUS IBE — **Q-time: 00:26:42**

PB (25m pool): 00:26.24 Gent(Sint-Amandsberg) 11/11/2024 **PB (50m pool):** 00:26.79 **SB:** no time

	25 M	50 M	
PB		00:26.24	
		00:26.24	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/7 Lane : 4 Athlete: DE SWERDT NIELS — **Q-time: 00:24:68**

PB (25m pool): 00:24.68 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:25.36 **SB:** 00:25.15 Leuven 04/10/2026

	25 M	50 M	
PB		00:24.68	
		00:24.68	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 5/7 Lane : 6 Athlete: DE SWERDT MATHIAS — **Q-time: 00:25:76**

PB (25m pool): 00:25.76 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:26.29 **SB:** 00:26.04 Leuven 04/10/2026

	25 M	50 M	
PB		00:25.76	
		00:25.76	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:6, starttime: 10:36

Heat: 6/7 Lane : 1 Athlete: VANDERHULST MIDAS — **Q-time: 00:26:13**

PB (25m pool): 00:26.13 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:26.75 **SB:** 00:26.41 Leuven 04/10/2026

	25 M	50 M	
PB		00:26.13	
		00:26.13	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:6, starttime: 10:36

Heat: 6/7 Lane : 2 Athlete: CIOMMO ALESSANDER — **Q-time: 00:25:78**

PB (25m pool): 00:25.78 Leuven 04/10/2026 **PB (50m pool):** 00:25.50 **SB:** 00:25.78 Leuven 04/10/2026

	25 M	50 M	
PB		00:25.78	
		00:25.78	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/2 Lane : 7 Athlete: LENAERTS HAILEY — **Q-time: 02:45:58**

PB (25m pool): 02:45.58 Leuven 04/10/2026 **PB (50m pool):** 02:52.14 **SB:** 02:45.58 Leuven 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:36.51		01:19.39		02:02.72		02:45.58
		00:36.51		*00:42.88*		*00:43.33*		*00:42.86*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Event number: 32: 100M BACKSTROKE MEN — Heat:3, starttime: 10:50

Heat: 3/5 Lane : 1 Athlete: MATTHEUS IBE — **Q-time: 01:01:81**

PB (25m pool): 01:01.81 Nijlen 18/10/2026 **PB (50m pool):** 01:17.91 **SB:** 01:01.81 Nijlen 18/10/2026

	25 M	50 M	75 M	100 M	
PB		00:28.78		01:01.81	
		00:28.78		*00:33.03*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M BACKSTROKE MEN — Heat:4, starttime: 10:52

Heat: 4/5 Lane : 5 Athlete: DE SWERDT NIELS — **Q-time: 00:58:36**

PB (25m pool): 00:58.36 LEUVEN 21/12/2025 **PB (50m pool):** 01:03.03 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:27.25		00:58.36	
		00:27.25		*00:31.11*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 32: 100M BACKSTROKE MEN — Heat:5, starttime: 10:54

Heat: 5/5 Lane : 3 Athlete: DE SWERDT MATHIAS — **Q-time: 00:58:62**

PB (25m pool): 00:58.62 LEUVEN 23/11/2025 **PB (50m pool):** 01:02.96 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:28.00		00:58.62	
		00:28.00		*00:30.62*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:2, starttime: 10:57

Heat: 2/7 Lane : 4 Athlete: LENAERTS HAILEY — **Q-time: 00:28:41**

PB (25m pool): 00:28.41 Leuven 12/10/2025 **PB (50m pool):** 00:28.54 **SB:** 00:28.57 Leuven 04/10/2026

	25 M	50 M	
PB		00:28.41	
		00:28.41	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Event number: 33: 50M FREESTYLE WOMEN	Heat:4, starttime: 10:59
Heat: 4/7 Lane : 3 Athlete: ROSKIN LOTTE	Q-time: 00:27:79

PB (25m pool): 00:27.54 Leuven 13/11/2022 **PB (50m pool):** 00:27.81 **SB:** no time

	25 M	50 M	
PB		00:27.54	
		00:27.54	
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Coach feedback: