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

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

Coaches: Michiels Hans HEADCOACH

Coaches: Hanssens Yash

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

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

Heat: 5/5 Lane : 1 Athlete: BOODTS GERBEN — **Q-time: 01:01:54**

PB (25m pool): 01:01.54 Gent 09/11/2025 **PB (50m pool):** 01:04.23 **SB:** 01:04.96 EEKLO 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:29.53		01:01.54	
		00:29.53		*00:32.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:5, starttime: 11:00

Heat: 5/7 Lane : 4 Athlete: MICHIELS NORE — **Q-time: 00:25:78**

PB (25m pool): 00:25.78 Gent 09/11/2025 **PB (50m pool):** 00:25.98 **SB:** no time

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

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:6, starttime: 11:01

Heat: 6/7 Lane : 6 Athlete: LAGEY LISELOTTE — **Q-time: 00:26:36**

PB (25m pool): 00:27.37 Zwembad De Wauwer 13/09/2026 **PB (50m pool):** 00:26.50 **SB:** 00:27.37 Zwembad De Wauwer 13/09/2026

	25 M	50 M	
PB		00:27.37	
		00:27.37	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 1/2 Lane : 4 Athlete: MICHIELS NORE — **Q-time: 04:17:75**

PB (25m pool): 04:17.75 Gent 09/11/2025 **PB (50m pool):** 04:23.22 **SB:** no time

	25M	50M	75M	100M	125M	150M	175M	200M
PB		00:29.61		01:01.28		01:33.50		02:06.18
		00:29.61		*00:31.67*		*00:32.22*		*00:32.68*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		02:38.88		03:12.07		03:45.16		04:17.75
		00:32.70		*00:33.19*		*00:33.09*		*00:32.59*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 1/2 Lane : 5 Athlete: DE BONT SAM — **Q-time: 04:24:82**

PB (25m pool): 04:24.82 EEKLO 04/10/2026 **PB (50m pool):** 04:28.10 **SB:** 04:24.82 EEKLO 04/10/2026

	25M	50M	75M	100M	125M	150M	175M	200M
PB		no time		01:03.83		no time		02:11.27
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .
	225M	**250M**	**275M**	**300**	**325**	**350**	**375**	**400M**
PB		no time		no time		no time		04:24.82
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: