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

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

Coaches: Van Olmen Jill

Coaches: Vandepaer Lisa

Coaches: Mertens Wenke

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 : 2 Athlete: VAN WAELDEREN THOMAS — **Q-time: 01:55:53**

PB (25m pool): 01:55.53 3500 Hasselt 18/10/2026 **PB (50m pool):** 01:59.63 **SB:** 01:55.53 3500 Hasselt 18/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:26.81		00:56.47		01:26.30		01:55.53
		00:26.81		*00:29.66*		*00:29.83*		*00:29.23*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:2, starttime: 10:32

Heat: 2/7 Lane : 2 Athlete: HAESENDONCKX JARNE — **Q-time: 00:27:31**

PB (25m pool): 00:27.31 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:28.44 **SB:** 00:27.59 Mol 04/10/2026

	25 M	50 M	
PB		00:27.31	
		00:27.31	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:7, starttime: 10:37

Heat: 7/7 Lane : 3 Athlete: VAN WAELDEREN THOMAS — **Q-time: 00:25:32**

PB (25m pool): 00:25.32 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 00:25.89 **SB:** 00:25.84 Mol 04/10/2026

	25 M	50 M	
PB		00:25.32	
		00:25.32	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 4/5 Lane : 7 Athlete: VAN WAELDEREN THOMAS — **Q-time: 01:01:39**

PB (25m pool): 01:01.39 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:04.02 **SB:** no time

	25M	50M	75M	100M	
PB		00:28.99		01:01.39	
		00:28.99		*00:32.40*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 5/5 Lane : 7 Athlete: HAESENDONCKX JARNE — **Q-time: 01:01:33**

PB (25m pool): 01:01.33 Gent 09/11/2025 PB (50m pool): 01:04.19 **SB:** no time

	25M	50M	75M	100M	
PB		00:29.54		01:01.33	
		00:29.54		*00:31.79*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback: