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

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

Coaches: Tieghem Kristof

Coaches: Debeuckelaere Sindy HEADCOACH

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

Event number: 27: 100M BACKSTROKE WOMEN — Heat:2, starttime: 10:13

Heat: 2/5 Lane : 4 Athlete: NOTREDAME INE — **Q-time: 01:09:13**

PB (25m pool): 01:09.13 Ettelbruck 20/04/2025 **PB (50m pool):** 01:12.25 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.08		01:09.13	
		00:33.08		*00:36.05*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:4, starttime: 10:17

Heat: 4/5 Lane : 1 Athlete: MIGOM LOBKE — **Q-time: 01:06:74**

PB (25m pool): 01:06.74 Zwevegem 11/05/2025 **PB (50m pool):** 01:09.87 **SB:** 01:07.98 Brugge 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.40		01:06.74	
		00:32.40		*00:34.34*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

Heat: 1/2 Lane : 7 Athlete: DELPORTE NIO — **Q-time: 02:26:99**

PB (25m pool): 02:26.99 Brugge 04/10/2026 **PB (50m pool):** 02:32.78 **SB:** 02:26.99 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:33.50		01:11.65		01:49.65		02:26.99
		00:33.50		*00:38.15*		*00:38.00*		*00:37.34*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 2/2 Lane : 8 Athlete: SALOMEZ HAAKON — **Q-time: 02:32:63**

PB (25m pool): 02:31.70 Leuven 13/11/2022 — **PB (50m pool):** 02:36.73 **SB:** 02:36.84 Brugge 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		no time		no time		no time		02:31.70
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 30: 50M BUTTERFLY MEN — Heat:3, starttime: 10:33

Heat: 3/7 Lane : 8 Athlete: THYVELEN WOUT — **Q-time: 00:27:11**

PB (25m pool): 00:27.11 DIKSMUIDE 30/11/2025 — **PB (50m pool):** 00:27.29 **SB:** 00:27.40 Brugge 04/10/2026

	25 M	50 M
PB		00:27.11
	00:27.11	
	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 32: 100M BACKSTROKE MEN — Heat:1, starttime: 10:46

Heat: 1/5 Lane : 5 Athlete: EECKHOUT SIEBEN — **Q-time: 01:03:27**

PB (25m pool): 01:03.22 Brugge 04/10/2026 — **PB (50m pool):** 01:04.88 **SB:** 01:03.22 Brugge 04/10/2026

	25 M	50 M	75 M	100 M
PB		00:30.62		01:03.22
	00:30.62		*00:32.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 5/5 Lane : 5 Athlete: DE CRAEMER CAS — **Q-time: 00:58:15**

PB (25m pool): 00:58.15 Ettelbruck 20/04/2025 — **PB (50m pool):** 00:59.78 **SB:** no time

	25 M	50 M	75 M	100 M
PB		00:28.61		00:58.15
	00:28.61		*00:29.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

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

Heat: 3/7 Lane : 4 Athlete: MIGOM LOBKE — **Q-time: 00:27:95**

PB (25m pool): 00:27.94 Nijlen 17/11/2024 **PB (50m pool):** 00:28.44 **SB:** no time

	25M	50M	
PB		00:27.94	
	00:27.94		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 34: 200M MEDLEY MEN — Heat:2, starttime: 11:06

Heat: 2/3 Lane : 1 Athlete: DELPORTE NIO — **Q-time: 02:14:69**

PB (25m pool): 02:14.69 Brugge 04/10/2026 **PB (50m pool):** 02:18.50 **SB:** 02:14.69 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.11		01:05.72		01:43.82		02:14.69
	00:30.11		*00:35.61*		*00:38.10*		*00:30.87*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 34: 200M MEDLEY MEN — Heat:2, starttime: 11:06

Heat: 2/3 Lane : 2 Athlete: THYVELEN WOUT — **Q-time: 02:12:91**

PB (25m pool): 02:11.22 Ettelbruck 21/04/2024 **PB (50m pool):** 02:16.52 **SB:** 02:15.13 Brugge 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:11.22
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: