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

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

Coaches: Okens Jari HEADCOACH

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

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

Heat: 4/5 Lane : 2 Athlete: DALEMANS LYN — **Q-time: 01:05:62**

PB (25m pool): 01:05.62 TEMSE 23/11/2025 **PB (50m pool):** 01:07.50 **SB:** 01:06.68 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.08		01:05.62	
		00:32.08		*00:33.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 27: 100M BACKSTROKE WOMEN — Heat:5, starttime: 10:19

Heat: 5/5 Lane : 8 Athlete: GEENS AMéLIE — **Q-time: 01:07:62**

PB (25m pool): 01:07.62 Temse 21/12/2025 **PB (50m pool):** 01:09.39 **SB:** 01:08.24 Leuven 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:32.69		01:07.62	
		00:32.69		*00:34.93*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 33: 50M FREESTYLE WOMEN — Heat:1, starttime: 10:56

Heat: 1/7 Lane : 3 Athlete: GEENS AMéLIE — **Q-time: 00:28:68**

PB (25m pool): 00:28.68 Leuven 04/10/2026 **PB (50m pool):** 00:29.56 **SB:** 00:28.68 Leuven 04/10/2026

	25 M	50 M	
PB		00:28.68	
		00:28.68	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 7/7 Lane : 7 Athlete: DALEMANS LYN **Q-time: 00:27:01**

PB (25m pool): **00:26.76** **Stedelijk Zwembad Geel 11/02/2024** **PB (50m pool):** 00:27.13 **SB:** 00:27.26 Leuven 04/10/2026

	25M	50M	
PB		00:26.76	
		00:26.76	
	. . : . . : . .	. . : . . : . .	

Coach feedback: