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

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

Coaches: Vereecken Sven

Coaches: Dillen Toon HEADCOACH

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

Event number: 26: 200M FREESTYLE MEN — Heat:2, starttime: 10:03

Heat: 2/4 Lane : 6 Athlete: MICHOEL QUINTEN — **Q-time: 01:54:22**

PB (25m pool): 01:54.22 Mol 04/10/2026 **PB (50m pool):** 01:58.36 **SB:** 01:54.22 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:25.78		00:54.45		01:24.38		01:54.22
		00:25.78		*00:28.67*		*00:29.93*		*00:29.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

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

Heat: 6/7 Lane : 7 Athlete: MICHOEL QUINTEN — **Q-time: 00:25:92**

PB (25m pool): 00:25.92 Mol 04/10/2026 **PB (50m pool):** 00:26.16 **SB:** 00:25.92 Mol 04/10/2026

	25 M	50 M	
PB		00:25.92	
		00:25.92	
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Coach feedback:

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

Heat: 3/5 Lane : 4 Athlete: VAN TILBURG MATTHIAS — **Q-time: 00:58:02**

PB (25m pool): 00:58.02 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:01.36 **SB:** 01:00.42 Mol 04/10/2026

	25 M	50 M	75 M	100 M	
PB		00:27.81		00:58.02	
		00:27.81		*00:30.21*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

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

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

Heat: 3/5 Lane : 8 Athlete: HUFKENS ILIAN **Q-time: 01:02:44**

PB (25m pool): 01:02.44 Aarschot 27/07/2026 **PB (50m pool):** 01:05.03 **SB:** no time

	25M	50M	75M	100M	
PB		00:30.22		01:02.44	
		00:30.22		*00:32.22*	
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Coach feedback: