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

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

Coaches: Houtevelt Kyllian

Coaches: Segers Ellen HEADCOACH

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

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

Heat: 3/5 Lane : 2 Athlete: VOLCKAERT MATTHIAS — **Q-time: 01:00:97**

PB (25m pool): 01:00.97 Gent 09/11/2025 **PB (50m pool):** 01:02.50 **SB:** 01:01.49 Leuven 04/10/2026

	25M	50M	75M	100M	
PB		00:29.54		01:00.97	
		00:29.54		*00:31.43*	
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Coach feedback:

Event number: 34: 200M MEDLEY MEN — Heat:1, starttime: 11:03

Heat: 1/3 Lane : 2 Athlete: VOLCKAERT MATTHIAS — **Q-time: 02:13:40**

PB (25m pool): 02:13.40 Kapelle-op-den-Bos 19/04/2026 **PB (50m pool):** 02:18.40 **SB:** 02:14.44 Leuven 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:28.31		no time		no time		02:13.40
		00:28.31						
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Coach feedback: