# Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: ZS

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

**Coaches: Meyers Sepp**

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

## Event number: 26: 200M FREESTYLE MEN — Heat:4, starttime: 10:08

**Heat: 4/4 Lane : 3 Athlete: LAUREYSSENS LUKAS** — **Q-time: 01:49:38**

**PB (25m pool): 01:49.38 Mol 04/10/2026** **PB (50m pool):** 01:53.10 **SB:** 01:49.38 Mol 04/10/2026

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:25.09 | | 00:53.09 | | 01:21.65 | | 01:49.38 |
| | | *00:25.09* | | *00:28.00* | | *00:28.56* | | *00:27.73* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

## Event number: 26: 200M FREESTYLE MEN — Heat:4, starttime: 10:08

**Heat: 4/4 Lane : 5 Athlete: LAUREYSSENS DANIEL** — **Q-time: 01:48:90**

**PB (25m pool): 01:47.89 Mol 29/12/2024** **PB (50m pool):** 01:48.90 **SB:** no time

| | 25M | 50M | 75M | 100 | 125 | 150 | 175 | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:25.10 | | 00:52.50 | | 01:20.11 | | 01:47.89 |
| | | *00:25.10* | | *00:27.40* | | *00:27.61* | | *00:27.78* |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback:

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

**Heat: 7/7 Lane : 5 Athlete: VANHAMEL YONAS** — **Q-time: 00:25:08**

**PB (25m pool): 00:25.08 Stedelijk Zwembad Geel 15/02/2026** **PB (50m pool):** 00:25.13 **SB:** no time

| | 25M | 50M | |
|---|---|---|---|
| PB | | 00:25.08 | |
| | | *00:25.08* | |
| | . . : . . : . . | . . : . . : . . | |

Coach feedback:

# Open Flanders SC: Session: 5: COACH evaluation sheet for TEAM: ZS

**Event number: 35: 400M FREESTYLE WOMEN** **Heat:1, starttime: 11:12**

**Heat: 1/2 Lane : 2 Athlete: DE RIDDER STERRE** **Q-time: 04:40:00**

**PB (25m pool): 04:40.00 Aarschot 27/07/2026** **PB (50m pool):** 04:48.48 **SB:** 04:47.92 Mol 04/10/2026

| | 25M | 50M | 75M | 100M | 125M | 150M | 175M | 200M |
|---|---|---|---|---|---|---|---|---|
| PB | | 00:33.27 | | 01:08.38 | | no time | | 02:19.29 |
| | | *00:33.27* | | *00:35.11* | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |
| | **225M** | **250M** | **275M** | **300** | **325** | **350** | **375** | **400M** |
| PB | | no time | | no time | | no time | | 04:40.00 |
| | | | | | | | | |
| | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . | . . : . . : . . |

Coach feedback: