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

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

Coaches: Van Campenhout Sigrid

Coaches: Jacob Sven

Coaches: De Herdt Els HEADCOACH

Coaches: De Weerdt Koen

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

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

Heat: 1/5 Lane : 2 Athlete: DOOMEN MARNIX — **Q-time: 01:03:59**

PB (25m pool): 01:03.59 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:05.61 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:30.70		01:03.59	
	00:30.70		*00:32.89*		
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Coach feedback:

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

Heat: 3/7 Lane : 7 Athlete: JACOBS LOTTE — **Q-time: 00:28:27**

PB (25m pool): 00:28.27 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:28.98 **SB:** 00:28.60 Mol 04/10/2026

	25 M	50 M	
PB		00:28.27	
	00:28.27		
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Coach feedback: