

# FSC 25: Session: 1: COACH evaluation sheet for TEAM: DBT

Coachinfo: Warming up from: 07:30 untill 08:45.

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Smet Kathleen HEADCOACH

Coaches: Theunissen Davey

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15+ Heat:4, starttime: 09:15

Heat: 4/10 Lane : 7 Athlete: VANHEES ELLA Q-time: 04:58:20

PB (50m pool): 4:58.20 Antwerp 21 Jan 2024 PB (25m pool): 4:52.78 SB: no time

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   | 2 5 0 M   | 3 0 0 M   | 3 5 0 M   | 4 0 0 M   |
|----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| PB | 32.83     | 1:09.01   | 1:46.43   | 2:25.07   | 3:04.21   | 3:43.16   | 4:21.69   | 4:58.20   |
|    | 32.83     | 36.18     | 37.42     | 38.64     | 39.14     | 38.95     | 38.53     | 36.51     |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15+ Heat:7, starttime: 09:35

Heat: 7/10 Lane : 3 Athlete: LAMBRECHTS NOA Q-time: 04:46:51

PB (50m pool): 4:46.51 Antwerpen 21 Apr 2024 PB (25m pool): 4:35.85 SB: no time

|    | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   | 2 5 0 M   | 3 0 0 M   | 3 5 0 M   | 4 0 0 M   |
|----|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| PB | 33.22     | 1:08.61   | 1:45.20   | 2:21.57   | 2:58.68   | 3:35.22   | 4:11.73   | 4:46.51   |
|    | 33.22     | 35.39     | 36.59     | 36.37     | 37.11     | 36.54     | 36.51     | 34.78     |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+ Heat:3, starttime: 10:05

Heat: 3/7 Lane : 4 Athlete: FREDERIX MAYA Q-time: 00:32:49

PB (50m pool): 32.09 Seraing 26 Jan 2025 PB (25m pool): 31.47 SB: no time

|    | 5 0 M     |
|----|-----------|
| PB | 32.09     |
|    | 32.09     |
|    | . . . . . |

Coach feedback:

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| Event number: 5: 200M BREASTSTROKE WOMEN 15+ |           |           |           |           | Heat:6, starttime: 11:05           |
|--|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 6/7 Lane : 2 Athlete: VERTESEN FRAN    |           |           |           |           | Q-time: 02:44:46                   |
| PB (50m pool): 2:44.46 Antwerpen 27 Jul 2024 |           |           |           |           | PB (25m pool): 2:39.28 SB: no time |
|  | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                    |
| PB   | 36.19     | 1:18.25   | 2:01.65   | 2:44.46   |                                    |
|  | 36.19     | 42.06     | 43.40     | 42.81     |                                    |
|  | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 5: 200M BREASTSTROKE WOMEN 15+ |           |           |           |           | Heat:6, starttime: 11:05           |
|--|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 6/7 Lane : 3 Athlete: VERSTREPEN SIEL  |           |           |           |           | Q-time: 02:39:01                   |
| PB (50m pool): 2:37.01 Antwerpen 29 Jul 2023 |           |           |           |           | PB (25m pool): 2:32.88 SB: no time |
|  | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                    |
| PB   | 35.11     | 1:16.36   | 1:56.97   | 2:37.01   |                                    |
|  | 35.11     | 41.25     | 40.61     | 40.04     |                                    |
|  | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 6: 200M BACKSTROKE MEN 15+     |           |           |           |           | Heat:1, starttime: 11:10           |
|--|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 1/6 Lane : 5 Athlete: BAELEN TOBE      |           |           |           |           | Q-time: 02:29:85                   |
| PB (50m pool): 2:29.85 Antwerpen 19 Jul 2024 |           |           |           |           | PB (25m pool): 2:20.68 SB: no time |
|  | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                    |
| PB   | 35.16     | 1:13.94   | 1:53.31   | 2:29.85   |                                    |
|  | 35.16     | 38.78     | 39.37     | 36.54     |                                    |
|  | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

| Event number: 7: 200M BUTTERFLY WOMEN 15+    |           |           |           |           | Heat:2, starttime: 11:35           |
|--|-----------|-----------|-----------|-----------|------------------------------------|
| Heat: 2/2 Lane : 3 Athlete: VERTESEN FRAN    |           |           |           |           | Q-time: 02:27:39                   |
| PB (50m pool): 2:27.39 Antwerpen 28 Jul 2024 |           |           |           |           | PB (25m pool): 2:23.51 SB: no time |
|  | 5 0 M     | 1 0 0 M   | 1 5 0 M   | 2 0 0 M   |                                    |
| PB   | 32.10     | 1:10.15   | 1:49.16   | 2:27.39   |                                    |
|  | 32.10     | 38.05     | 39.01     | 38.23     |                                    |
|  | . . . . . | . . . . . | . . . . . | . . . . . |                                    |

Coach feedback:

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| Event number: 8: 100M BREASTSTROKE MEN 15+  |           |           | Heat:1, starttime: 11:35                                 |
|---|-----------|-----------|--|
| Heat: 1/8 Lane : 5 Athlete: BAELEN TOBE     |           |           | Q-time: 01:15:27   |
| PB (50m pool): 1:15.27 Wezenberg 5 Jan 2025 |           |           | PB (25m pool): 1:12.93 SB: 01:15.27 Wezenberg 05/01/2025 |
|   | 5 0 M     | 1 0 0 M   |  |
| PB  | 34.80     | 1:15.27   |  |
|   | 34.80     | 40.47     |  |
|   | . . . . . | . . . . . |  |

Coach feedback:

| Event number: 9: 50M FREESTYLE WOMEN 15+    |           |  | Heat:1, starttime: 11:50         |
|---|-----------|--|----------------------------------|
| Heat: 1/11 Lane : 5 Athlete: LAMBRECHTS NOA |           |  | Q-time: 00:29:04                 |
| PB (50m pool): 29.04 Antwerpen 26 Jul 2024  |           |  | PB (25m pool): 28.64 SB: no time |
|   | 5 0 M     |  |                                  |
| PB  | 29.04     |  |                                  |
|   | 29.04     |  |                                  |
|   | . . . . . |  |                                  |

Coach feedback:

| Event number: 9: 50M FREESTYLE WOMEN 15+   |           |  | Heat:2, starttime: 11:50                               |
|--|-----------|--|--|
| Heat: 2/11 Lane : 2 Athlete: FREDERIX MAYA |           |  | Q-time: 00:28:96                                       |
| PB (50m pool): 28.96 Wezenberg 5 Jan 2025  |           |  | PB (25m pool): 28.07 SB: 00:28.96 Wezenberg 05/01/2025 |
|  | 5 0 M     |  |  |
| PB   | 28.96     |  |  |
|  | 28.96     |  |  |
|  | . . . . . |  |  |

Coach feedback:

| Event number: 9: 50M FREESTYLE WOMEN 15+     |           |  | Heat:4, starttime: 11:55         |
|--|-----------|--|----------------------------------|
| Heat: 4/11 Lane : 1 Athlete: VERSTREPEN SIEL |           |  | Q-time: 00:28:75                 |
| PB (50m pool): 28.61 Seraing 25 Jan 2025     |           |  | PB (25m pool): 27.29 SB: no time |
|  | 5 0 M     |  |                                  |
| PB   | 28.61     |  |                                  |
|  | 28.61     |  |                                  |
|  | . . . . . |  |                                  |

Coach feedback:

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|   |           |  |  |  |                                    |  |  |  |  |
|---|-----------|--|--|--|------------------------------------|--|--|--|--|
| Event number: 9: 50M FREESTYLE WOMEN 15+      |           |  |  |  | Heat:5, starttime: 11:55           |  |  |  |  |
| Heat: 5/11   Lane : 5   Athlete: VANHEES ELLA |           |  |  |  | Q-time: 00:28:58                   |  |  |  |  |
| PB (50m pool): 28.58   Antwerpen 26 Jul 2024  |           |  |  |  | PB (25m pool): 28.07   SB: no time |  |  |  |  |
|   | 5 0 M     |  |  |  |                                    |  |  |  |  |
| PB  | 28.58     |  |  |  |                                    |  |  |  |  |
|   | 28.58     |  |  |  |                                    |  |  |  |  |
|   | . . . . . |  |  |  |                                    |  |  |  |  |

Coach feedback: