

FSC 25: Session: 1: COACH evaluation sheet for TEAM: ROSC

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Taveirne Bea HEADCOACH

Coaches: Ryckeman Brian

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15+ Heat:3, starttime: 09:10

Heat: 3/10 Lane : 6 Athlete: VAN CAUWENBERGE CATHO							Q-time: 04:59:69	
PB (50m pool): 4:59.69 Antwerp 26 Jan 2024				PB (25m pool): 4:54.85 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	33.17	1:10.80	1:48.64	2:27.87	3:05.74	3:45.06	4:22.42	4:59.69
	33.17	37.63	37.84	39.23	37.87	39.32	37.36	37.27

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+ Heat:2, starttime: 09:55

Heat: 2/7 Lane : 5 Athlete: DEVOS RHUNE							Q-time: 01:02:97	
PB (50m pool): 1:02.97 Antwerpen 19 Apr 2024				PB (25m pool): 1:01.58 SB: no time				
	5 0 M	1 0 0 M						
PB	30.27	1:02.97						
	30.27	32.70						
						

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+ Heat:7, starttime: 10:05

Heat: 7/7 Lane : 5 Athlete: HEBB XANDER							Q-time: 00:55:85	
PB (50m pool): 55.85 Antwerpen 26 Jul 2024				PB (25m pool): 54.65 SB: no time				
	5 0 M	1 0 0 M						
PB	26.24	55.85						
	26.24	29.61						
						

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 15+							Heat:5, starttime: 10:10	
Heat: 5/7 Lane : 5 Athlete: VANHAUWAERT LOTTE							Q-time: 00:29:77	
PB (50m pool): 29.77 Oostende 9 May 2024							PB (25m pool): 28.82 SB: no time	
	5 0 M							
PB	29.77							
	29.77							
							

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:5, starttime: 11:25	
Heat: 5/6 Lane : 8 Athlete: PROVOOST MATICE					Q-time: 02:19:72	
PB (50m pool): 2:19.39 Antwerpen 28 Jul 2023					PB (25m pool): 2:13.92 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	32.49	1:08.22	1:45.23	2:19.39		
	32.49	35.73	37.01	34.16		
		

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:7, starttime: 11:45	
Heat: 7/8 Lane : 5 Athlete: HEBB XANDER					Q-time: 01:03:08	
PB (50m pool): 1:03.08 Antwerpen 26 Jul 2024					PB (25m pool): 1:01.41 SB: no time	
	5 0 M	1 0 0 M				
PB	29.64	1:03.08				
	29.64	33.44				
				

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+							Heat:11, starttime: 12:00		
Heat: 11/11 Lane : 5 Athlete: VANHAUWAERT LOTTE							Q-time: 00:25:77		
PB (50m pool): 25.77 Antwerpen 21 Apr 2024							PB (25m pool): 25.15 SB: 00:26.43 Wezenberg 05/01/2025		
	5 0 M								
PB	25.77								
	25.77								
								

Coach feedback:

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Event number: 10: 50M FREESTYLE MEN 15+						Heat:5, starttime: 12:05	
Heat: 5/10 Lane : 8 Athlete: HEBB QUINTEN						Q-time: 00:25:39	
PB (50m pool): 25.39 Antwerpen 13 Jul 2024						PB (25m pool): 24.14 SB: no time	
	5 0 M						
PB	25.39						
	25.39						
						

Coach feedback: