

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Hanssens Yash

Coaches: Guldentops Kevin

Coaches: Michiels Hans HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 15+							Heat:1, starttime: 09:00	
Heat: 1/10 Lane : 3 Athlete: SCHELFAUT NELL							Q-time: 05:20:37	
PB (50m pool): 5:20.37 Aalst 22 Jun 2024				PB (25m pool): 4:58.76 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	36.52	1:16.83	1:58.05	2:38.82	3:19.85	4:00.93	4:41.21	5:20.37
	36.52	40.31	41.22	40.77	41.03	41.08	40.28	39.16

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15+							Heat:3, starttime: 09:10	
Heat: 3/10 Lane : 4 Athlete: WAELPUT ELODIE							Q-time: 04:58:33	
PB (50m pool): 4:58.33 Antwerpen 20 Jul 2024				PB (25m pool): 4:49.62 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		1:11.35	1:48.37	2:26.75	3:04.70	3:43.41	4:21.28	4:58.33
		1:11.35	37.02	38.38	37.95	38.71	37.87	37.05

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 15+							Heat:6, starttime: 09:30	
Heat: 6/10 Lane : 5 Athlete: RENDERS CHARLOTTE							Q-time: 04:49:04	
PB (50m pool): 4:49.04 Gent 2 Mar 2024				PB (25m pool): 4:41.21 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	31.95	1:07.84	1:44.90	2:22.16	2:59.27	3:36.91	4:13.92	4:49.04
	31.95	35.89	37.06	37.26	37.11	37.64	37.01	35.12

Coach feedback:

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Event number: 1: 400M FREESTYLE WOMEN 15+							Heat:9, starttime: 09:45	
Heat: 9/10 Lane : 3 Athlete: MICHIELS NORE							Q-time: 04:28:76	
PB (50m pool): 4:28.76 Antwerp 21 Jan 2024				PB (25m pool): 4:19.27 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	30.04	1:03.25	1:36.86	2:10.85	2:45.73	3:20.89	3:55.68	4:28.76
	30.04	33.21	33.61	33.99	34.88	35.16	34.79	33.08

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+										Heat:2, starttime: 09:55	
Heat: 2/7 Lane : 6 Athlete: WAELPUT THOMAS									Q-time: 01:03:24		
PB (50m pool): 1:03.24 Wezenberg 5 Jan 2025					PB (25m pool): 1:01.10 SB: 01:03.24 Wezenberg 05/01/2025						
	5 0 M		1 0 0 M								
PB	29.28		1:03.24								
	29.28		33.96								
								

Coach feedback:

Event number: 2: 100M BUTTERFLY MEN 15+							Heat:3, starttime: 09:55	
Heat: 3/7 Lane : 1 Athlete: BOODTS GERBEN							Q-time: 01:02:25	
PB (50m pool): 1:02.25 Antwerpen 26 Jul 2024				PB (25m pool): 1:02.26 SB: no time				
	5 0 M	1 0 0 M						
PB	29.70	1:02.25						
	29.70	32.55						
						

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 15+							Heat:1, starttime: 10:05	
Heat: 1/7 Lane : 4 Athlete: VERLUYTEN LENI							Q-time: 00:33:47	
PB (50m pool): 33.47 Oostende 8 May 2024				PB (25m pool): 31.48 SB: no time				
	5 0 M							
PB	33.47							
	33.47							
							

Coach feedback:

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Event number: 4: 400M MEDLEY MEN 15+							Heat:3, starttime: 10:25	
Heat: 3/6 Lane : 2 Athlete: FRANSEN THIBEAU							Q-time: 05:09:82	
PB (50m pool): 5:09.82 Aalst 22 Jun 2024				PB (25m pool): 4:59.47 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	32.36	1:11.34	1:52.65	2:32.49	3:15.18	3:58.44	4:34.55	5:09.82
	32.36	38.98	41.31	39.84	42.69	43.26	36.11	35.27

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 15+					Heat:1, starttime: 10:50
Heat: 1/7 Lane : 2 Athlete: VAN BUNDER AMY				Q-time: 03:03:00	
PB (50m pool): 3:03.00 Eindhoven (NED) 24 Mar 2024			PB (25m pool): 2:53.70 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	41.24	1:28.45	2:15.68	3:03.00	
	41.24	47.21	47.23	47.32	
	

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:1, starttime: 11:10
Heat: 1/6 Lane : 4 Athlete: MICHIELS SIBE				Q-time: 02:27:60	
PB (50m pool): 2:27.60 Antwerpen 19 Jul 2024			PB (25m pool): 2:19.46 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.31	1:11.70	1:49.94	2:27.60	
	34.31	37.39	38.24	37.66	
	

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 15+					Heat:2, starttime: 11:15
Heat: 2/6 Lane : 6 Athlete: WAELPUT THOMAS				Q-time: 02:25:36	
PB (50m pool): 2:24.39 Antwerpen 21 Jul 2023			PB (25m pool): 2:13.50 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	33.23	1:09.58	1:47.26	2:24.39	
	33.23	36.35	37.68	37.13	
	

Coach feedback:

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Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:1, starttime: 11:30
Heat: 1/2 Lane : 5 Athlete: DE BONT SAM					Q-time: 02:24:34
PB (50m pool): 2:24.34 Antwerpen 21 Apr 2024			PB (25m pool): 2:18.70 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	31.41	1:08.13	1:45.23	2:24.34	
	31.41	36.72	37.10	39.11	
	

Coach feedback:

Event number: 7: 200M BUTTERFLY WOMEN 15+					Heat:1, starttime: 11:30
Heat: 1/2 Lane : 7 Athlete: MURAT IREM					Q-time: 02:41:08
PB (50m pool): 2:41.08 Antwerpen 20 Jul 2024			PB (25m pool): 2:41.45 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.16	1:15.10	1:57.92	2:41.08	
	34.16	40.94	42.82	43.16	
	

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 15+					Heat:3, starttime: 11:40
Heat: 3/8 Lane : 7 Athlete: FRANSEN THIBEAU					Q-time: 01:12:43
PB (50m pool): 1:12.43 Antwerpen 26 Jul 2024			PB (25m pool): 1:10.60 SB: 01:13.82 Wezenberg 05/01/2025		
	5 0 M	1 0 0 M			
PB	33.83	1:12.43			
	33.83	38.60			
			

Coach feedback:

Event number: 9: 50M FREESTYLE WOMEN 15+					Heat:10, starttime: 12:00
Heat: 10/11 Lane : 7 Athlete: DE BONT SAM					Q-time: 00:27:02
PB (50m pool): 27.02 Antwerpen 26 Jul 2024			PB (25m pool): 27.18 SB: 00:28.01 Wezenberg 05/01/2025		
	5 0 M				
PB	27.02				
	27.02				
				

Coach feedback:

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Event number: 9: 50M FREESTYLE WOMEN 15+						Heat:11, starttime: 12:00																							
Heat: 11/11						Lane : 2						Athlete: MICHIELS NORE						Q-time: 00:26:87											
PB (50m pool): 26.87						Antwerpen						26 Jul 2024						PB (25m pool): 25.91						SB: no time					
		5 0 M																											
PB		26.87																											
		26.87																											
																												

Coach feedback: