

FSC 25: Session: 4: 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: 14: 400M FREESTYLE MEN 15+							Heat:4, starttime: 09:15	
Heat: 4/11 Lane : 1 Athlete: MICHIELS SIBE							Q-time: 04:39:07	
PB (50m pool): 4:39.07 Antwerpen 21 Jul 2024				PB (25m pool): 4:25.57 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	30.26	1:05.81	1:42.37	2:18.50	2:54.69	3:30.52	4:06.26	4:39.07
	30.26	35.55	36.56	36.13	36.19	35.83	35.74	32.81

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 15+							Heat:5, starttime: 09:20	
Heat: 5/11 Lane : 5 Athlete: WAELPUT THOMAS							Q-time: 04:33:49	
PB (50m pool): 4:32.95 Antwerpen 23 Apr 2023				PB (25m pool): 4:22.36 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	29.77	1:01.79	1:35.70	2:10.93	2:47.00	3:22.95	3:58.71	4:32.95
	29.77	32.02	33.91	35.23	36.07	35.95	35.76	34.24

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 15+							Heat:1, starttime: 09:55	
Heat: 1/5 Lane : 5 Athlete: VAN BUNDER AMY							Q-time: 99:99:99	
PB (50m pool):			PB (25m pool): No time 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								

Coach feedback:

FSC 25: Session: 4: COACH evaluation sheet for TEAM: TSZ

Event number: 15: 400M MEDLEY WOMEN 15+							Heat:2, starttime: 10:00	
Heat: 2/5 Lane : 4 Athlete: WAELPUT ELODIE							Q-time: 05:34:36	
PB (50m pool): 5:34.36 Antwerpen 19 Jul 2024				PB (25m pool): 5:28.22 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	35.88	1:17.49	2:01.21	2:43.68	3:29.61	4:16.93	4:56.24	5:34.36
	35.88	41.61	43.72	42.47	45.93	47.32	39.31	38.12

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 15+							Heat:5, starttime: 10:20	
Heat: 5/5 Lane : 3 Athlete: DE BONT SAM							Q-time: 05:02:33	
PB (50m pool): 5:02.33 Antwerpen 28 Jul 2024				PB (25m pool): 4:51.83 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	31.49	1:08.89	1:48.81	2:28.64	3:11.22	3:55.37	4:28.81	5:02.33
	31.49	37.40	39.92	39.83	42.58	44.15	33.44	33.52

Coach feedback:

Event number: 16: 50M BACKSTROKE MEN 15+										Heat:2, starttime: 10:25	
Heat: 2/5 Lane : 6 Athlete: BOODTS GERBEN										Q-time: 00:29:67	
PB (50m pool): 29.67 Antwerpen 20 Apr 2024										PB (25m pool): 28.24 SB: no time	
PB	5 0 M										
	29.67										
	29.67										
										

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 15+					Heat:1, starttime: 10:30
Heat: 1/14 Lane : 7 Athlete: SCHELFAUT NELL					Q-time: 99:99:99
PB (50m pool): 2:39.90 Antwerpen 15 Jul 2023			PB (25m pool): 2:22.15 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	38.25	1:20.38	2:00.35	2:39.90	
	38.25	42.13	39.97	39.55	
	

Coach feedback:

FSC 25: Session: 4: COACH evaluation sheet for TEAM: TSZ

Event number: 17: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 10:30
Heat: 2/14 Lane : 6 Athlete: MURAT IREM					Q-time: 02:27:21
PB (50m pool): 2:27.21 Aalst 22 Jun 2024					PB (25m pool): 2:19.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	32.92	1:10.07	1:48.39	2:27.21	
	32.92	37.15	38.32	38.82	
	

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 15+					Heat:2, starttime: 10:30
Heat: 2/14 Lane : 8 Athlete: WAELPUT ELODIE					Q-time: 02:28:75
PB (50m pool): 2:28.75 Eindhoven (NED) 23 Mar 2024					PB (25m pool): 2:21.05 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	34.86	1:12.63	1:51.30	2:28.75	
	34.86	37.77	38.67	37.45	
	

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 15+					Heat:14, starttime: 11:05
Heat: 14/14 Lane : 5 Athlete: MICHIELS NORE					Q-time: 02:03:98
PB (50m pool): 2:03.98 Antwerp 19 Jan 2024					PB (25m pool): 2:02.20 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	28.56	1:00.09	1:32.10	2:03.98	
	28.56	31.53	32.01	31.88	
	

Coach feedback:

Event number: 19: 100M BACKSTROKE WOMEN 15+					Heat:4, starttime: 11:20
Heat: 4/10 Lane : 8 Athlete: RENDERS CHARLOTTE					Q-time: 01:11:67
PB (50m pool): 1:11.67 Wezenberg 5 Jan 2025					PB (25m pool): 1:07.85 SB: 01:11.67 Wezenberg 05/01/2025
	5 0 M	1 0 0 M			
PB	34.22	1:11.67			
	34.22	37.45			
			

Coach feedback:

FSC 25: Session: 4: COACH evaluation sheet for TEAM: TSZ

Event number: 19: 100M BACKSTROKE WOMEN 15+			Heat:6, starttime: 11:25
Heat: 6/10 Lane : 5 Athlete: VERLUYTEN LENI			Q-time: 01:09:32
PB (50m pool): 1:09.32 Antwerpen 19 Jul 2024			PB (25m pool): 1:07.43 SB: 01:11.00 Wezenberg 05/01/2025
	5 0 M	1 0 0 M	
PB	33.57	1:09.32	
	33.57	35.75	
	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 15+			Heat:5, starttime: 11:40
Heat: 5/20 Lane : 8 Athlete: MICHIELS SIBE			Q-time: 00:59:10
PB (50m pool): 59.10 Wezenberg 5 Jan 2025			PB (25m pool): 57.19 SB: 00:59.10 Wezenberg 05/01/2025
	5 0 M	1 0 0 M	
PB	28.35	59.10	
	28.35	30.75	
	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 15+			Heat:8, starttime: 11:45
Heat: 8/20 Lane : 6 Athlete: BOODTS GERBEN			Q-time: 00:57:62
PB (50m pool): 57.62 Oostende 9 May 2024			PB (25m pool): 56.74 SB: 00:58.90 Wezenberg 05/01/2025
	5 0 M	1 0 0 M	
PB	28.29	57.62	
	28.29	29.33	
	

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 15+			Heat:1, starttime: 12:00
Heat: 1/8 Lane : 3 Athlete: VAN BUNDER AMY			Q-time: 01:26:07
PB (50m pool): 1:26.07 Eindhoven (NED) 23 Mar 2024			PB (25m pool): 1:20.08 SB: no time
	5 0 M	1 0 0 M	
PB	40.59	1:26.07	
	40.59	45.48	
	

Coach feedback:

FSC 25: Session: 4: COACH evaluation sheet for TEAM: TSZ

Event number: 23: 50M BUTTERFLY WOMEN 15+					Heat:6, starttime: 12:25				
Heat: 6/7 Lane : 6 Athlete: DE BONT SAM					Q-time: 00:28:83				
PB (50m pool): 28.83 Antwerpen 27 Jul 2024					PB (25m pool): 28.50 SB: no time				
	50 M								
PB	28.83								
	28.83								
								

Coach feedback:

Event number: 24: 200M MEDLEY MEN 15+					Heat:6, starttime: 12:45	
Heat: 6/12 Lane : 1 Athlete: FRANSEN THIBEAU					Q-time: 02:22:99	
PB (50m pool): 2:22.99 Antwerpen 27 Jul 2024					PB (25m pool): 2:21.37 SB: no time	
	50 M	100 M	150 M	200 M		
PB	30.87	1:09.09	1:49.50	2:22.99		
	30.87	38.22	40.41	33.49		
		

Coach feedback: