

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

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Meyers Sepp HEADCOACH

PB => Personal Best time

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

Event number: 14: 400M FREESTYLE MEN 15+							Heat:8, starttime: 09:35	
Heat: 8/11 Lane : 3 Athlete: MATHIEU JACK							Q-time: 04:21:62	
PB (50m pool): 4:21.62 Antwerpen 26 Jul 2024				PB (25m pool): 4:19.02 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	30.06	1:02.62	1:35.05	2:08.09	2:41.22	3:14.77	3:48.88	4:21.62
	30.06	32.56	32.43	33.04	33.13	33.55	34.11	32.74

Coach feedback:

Event number: 17: 200M FREESTYLE WOMEN 15+					Heat:5, starttime: 10:40
Heat: 5/14 Lane : 3 Athlete: DE RIDDER STERRE					Q-time: 02:20:86
PB (50m pool): 2:20.86 Antwerp 19 Jan 2024			PB (25m pool): 2:16.56 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	33.35	1:08.58	1:44.48	2:20.86	
	33.35	35.23	35.90	36.38	
	

Coach feedback:

Event number: 20: 100M FREESTYLE MEN 15+							Heat:7, starttime: 11:40	
Heat: 7/20 Lane : 5 Athlete: MATHIEU JACK							Q-time: 00:57:86	
PB (50m pool): 57.86 Antwerp 20 Jan 2024							PB (25m pool): 56.91 SB: no time	
	5 0 M		1 0 0 M					
PB	27.83		57.86					
	27.83		30.03					
					

Coach feedback:

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Event number: 20: 100M FREESTYLE MEN 15+							Heat:16, starttime: 11:55		
Heat: 16/20 Lane : 4 Athlete: LAUREYSSSENS LUKAS							Q-time: 00:54:06		
PB (50m pool): 54.06 Antwerpen 27 Jul 2024				PB (25m pool): 52.12			SB: 00:54.45 Wezenberg 05/01/2025		
	5 0 M		1 0 0 M						
PB	26.09		54.06						
	26.09		27.97						
						

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 15+							Heat:5, starttime: 12:10	
Heat: 5/8 Lane : 5 Athlete: VAN OSTA NOMI						Q-time: 01:17:57		
PB (50m pool): 1:17.45 Antwerpen 28 Jul 2023				PB (25m pool): 1:15.56 SB: 01:19.35 Wezenberg 05/01/2025				
	5 0 M		1 0 0 M					
PB	35.63		1:17.45					
	35.63		41.82					
					

Coach feedback:

Event number: 21: 100M BREASTSTROKE WOMEN 15+							Heat:7, starttime: 12:10	
Heat: 7/8 Lane : 1 Athlete: VERCAMMEN FLEUR						Q-time: 01:16:59		
PB (50m pool): 1:16.59 Antwerpen 20 Apr 2024				PB (25m pool): 1:15.06 SB: no time				
	50 M		100 M					
PB	35.71		1:16.59					
	35.71		40.88					
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 15+				Heat:9, starttime: 12:50	
Heat: 9/12 Lane : 4 Athlete: LAUREYSSSENS LUKAS				Q-time: 02:17:37	
PB (50m pool): 2:17.37 Antwerp 21 Jan 2024		PB (25m pool): 2:14.63 SB: no time			
	50 M	100 M	150 M	200 M	
PB	28.25	1:03.33	1:45.45	2:17.37	
	28.25	35.08	42.12	31.92	
	

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 15+				Heat:12, starttime: 13:00	
Heat: 12/12 Lane : 5 Athlete: LAVDANITI ZHULIAN XHOI				Q-time: 02:09:60	
PB (50m pool): 2:06.99 Antwerpen (BEL) 22 Apr 2023				PB (25m pool): 2:03.66 SB: 02:09.26 Wezenberg 05/01/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	26.68	58.47	1:35.04	2:06.99	
	26.68	31.79	36.57	31.95	
	

Coach feedback: