

# FSC 25: Session: 4: COACH evaluation sheet for TEAM: ZVL

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

Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Jacob Sven

Coaches: De Weerd Koen HEADCOACH

PB => Personal Best time

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

## Event number: 14: 400M FREESTYLE MEN 15+

Heat:1, starttime: 09:00

Heat: 1/11 Lane : 3 Athlete: JANSSENS TIJS

Q-time: 04:53:60

PB (50m pool): 4:53.60 Antwerp 14 Apr 2024

PB (25m pool): 4:31.78 SB: no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	34.00	1:11.27	1:49.48	2:28.12	3:05.36	3:43.19	4:19.87	4:53.60
	34.00	37.27	38.21	38.64	37.24	37.83	36.68	33.73
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Coach feedback:

## Event number: 17: 200M FREESTYLE WOMEN 15+

Heat:2, starttime: 10:30

Heat: 2/14 Lane : 5 Athlete: SCHELLEMANS CHARLOTTE

Q-time: 02:25:87

PB (50m pool): 2:25.87 Antwerpen 14 Jul 2024

PB (25m pool): 2:18.92 SB: no time

	50 M	100 M	150 M	200 M	
PB	33.20	1:10.78	1:49.42	2:25.87	
	33.20	37.58	38.64	36.45	
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Coach feedback:

## Event number: 17: 200M FREESTYLE WOMEN 15+

Heat:3, starttime: 10:35

Heat: 3/14 Lane : 4 Athlete: JACOBS LOTTE

Q-time: 02:23:25

PB (50m pool): 2:23.25 Antwerp 14 Apr 2024

PB (25m pool): 2:19.38 SB: no time

	50 M	100 M	150 M	200 M	
PB	34.20	1:11.39	1:48.11	2:23.25	
	34.20	37.19	36.72	35.14	
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Coach feedback:

# FSC 25: Session: 4: COACH evaluation sheet for TEAM: ZVL

Event number: 20: 100M FREESTYLE MEN 15+			Heat:3, starttime: 11:35
Heat: 3/20 Lane : 2 Athlete: JANSSENS TIJS			Q-time: 00:59:96
PB (50m pool): 59.96 Wezenberg 5 Jan 2025			PB (25m pool): 58.32 SB: 00:59.96 Wezenberg 05/01/2025
	5 0 M	1 0 0 M	
PB	29.16	59.96	
	29.16	30.80	
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Coach feedback: