

FSC 25: Session: 7: 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: 28: 100M FREESTYLE WOMEN 15+			Heat:1, starttime: 09:25
Heat: 1/16 Lane : 6 Athlete: VERCAMMEN FLEUR			Q-time: 99:99:99
PB (50m pool): 1:07.55 Wezenberg 8 Jan 2023			PB (25m pool): 1:03.36 SB: no time
PB	5 0 M	1 0 0 M	
	33.06	1:07.55	
	33.06	34.49	
	

Coach feedback:

Event number: 28: 100M FREESTYLE WOMEN 15+			Heat:10, starttime: 09:40
Heat: 10/16 Lane : 1 Athlete: VAN OSTA NOMI			Q-time: 01:02:19
PB (50m pool): 1:02.19 Antwerp 20 Jan 2024			PB (25m pool): 1:00.59 SB: no time
PB	5 0 M	1 0 0 M	
	29.99	1:02.19	
	29.99	32.20	
	

Coach feedback:

Event number: 29: 100M BACKSTROKE MEN 15+			Heat:6, starttime: 10:00
Heat: 6/7 Lane : 5 Athlete: LAVDANITI ZHULIAN XHOI			Q-time: 00:57:69
PB (50m pool): 57.55 Antwerpen (BEL) 22 Apr 2023			PB (25m pool): 55.56 SB: 00:58.97 Wezenberg 05/01/2025
PB	5 0 M	1 0 0 M	
	27.99	57.55	
	27.99	29.56	
	

Coach feedback:

FSC 25: Session: 7: COACH evaluation sheet for TEAM: ZS

Event number: 31: 200M FREESTYLE MEN 15+					Heat:12, starttime: 11:00
Heat: 12/20 Lane : 2 Athlete: MATHIEU JACK					Q-time: 02:05:38
PB (50m pool): 2:05.38 Antwerpen 28 Jul 2024					PB (25m pool): 2:00.86 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	28.04	59.05	1:32.38	2:05.38	
	28.04	31.01	33.33	33.00	
	

Coach feedback:

Event number: 31: 200M FREESTYLE MEN 15+					Heat:20, starttime: 11:20
Heat: 20/20 Lane : 8 Athlete: LAUREYSSSENS LUKAS					Q-time: 01:56:94
PB (50m pool): 1:56.94 Antwerpen 28 Jul 2024					PB (25m pool): 1:55.51 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	27.26	56.61	1:26.86	1:56.94	
	27.26	29.35	30.25	30.08	
	

Coach feedback:

Event number: 34: 50M BREASTSTROKE WOMEN 15+					Heat:3, starttime: 12:10
Heat: 3/5 Lane : 1 Athlete: VERCAMMEN FLEUR					Q-time: 00:35:17
PB (50m pool): 35.17 Antwerpen 21 Apr 2024					PB (25m pool): 35.50 SB: 00:36.29 Wezenberg 05/01/2025
	5 0 M				
PB	35.17				
	35.17				
				

Coach feedback:

Event number: 34: 50M BREASTSTROKE WOMEN 15+					Heat:3, starttime: 12:10
Heat: 3/5 Lane : 7 Athlete: VAN OSTA NOMI					Q-time: 00:34:98
PB (50m pool): 34.77 Antwerpen 12 Feb 2023					PB (25m pool): 34.38 SB: no time
	5 0 M				
PB	34.77				
	34.77				
				

Coach feedback: