

# FSC 2026: Session: 1: COACH evaluation sheet for TEAM: DDAT

Coachinfo: Warming up from: 08:00 until 09:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Claes Steven HEADCOACH

Coaches: Du Bois Cedric

PB => Personal Best time

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

## Event number: 1: 100M BUTTERFLY MEN Heat:5, starttime: 09:36

Heat: 5/9 Lane : 1 Athlete: SEGHERS MICHIEL Q-time: 00:59:87

PB (50m pool): 00:59.08 Antwerpen 28/07/2024 PB (25m pool): 00:58.08 SB: 01:00.84 Seraing 25/01/2026

	50 M	100 M
PB	no time	00:59.08
	<i>no time</i>	
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Coach feedback:

## Event number: 2: 100M BUTTERFLY WOMEN Heat:4, starttime: 09:49

Heat: 4/5 Lane : 3 Athlete: CIOBANU ANASTASIA Q-time: 01:05:12

PB (50m pool): 01:05.12 Antwerpen 27/07/2025 PB (25m pool): 01:03.88 SB: 01:05.84 Molenbeek 01/02/2026

	50 M	100 M
PB	00:30.75	01:05.12
	<i>00:30.75</i>	<i>00:34.37</i>
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Coach feedback:

## Event number: 4: 400M MEDLEY WOMEN Heat:1, starttime: 10:10

Heat: 1/2 Lane : 6 Athlete: CIOBANU ANASTASIA Q-time: 05:14:15

PB (50m pool): 05:14.15 Antwerpen 27/07/2025 PB (25m pool): 05:12.07 SB: no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:33.02	01:12.63	01:54.82	02:35.57	03:19.28	04:04.02	04:39.68	05:14.15
	<i>00:33.02</i>	<i>00:39.61</i>	<i>00:42.19</i>	<i>00:40.75</i>	<i>00:43.71</i>	<i>00:44.74</i>	<i>00:35.66</i>	<i>00:34.47</i>
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Coach feedback:

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<b>Event number: 6: 50M BREASTSTROKE WOMEN</b>		<b>Heat:3, starttime: 10:40</b>
<b>Heat: 3/6 Lane : 7 Athlete: VAN DER MEEREN LOTTE</b>		<b>Q-time: 00:36:30</b>
PB (50m pool): 00:35.93 Antwerpen 08/03/2026		PB (25m pool): 00:35.77 SB: 00:35.93 Antwerpen 08/03/2026
	<b>5 0 M</b>	
PB	00:35.93	
	<i>00:35.93</i>	
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Coach feedback:

<b>Event number: 9: 50M FREESTYLE MEN</b>		<b>Heat:2, starttime: 11:14</b>
<b>Heat: 2/12 Lane : 7 Athlete: SEGHERS MICHIEL</b>		<b>Q-time: 00:25:90</b>
PB (50m pool): 00:25.90 Molenbeek 01/02/2026		PB (25m pool): 00:25.02 SB: 00:25.90 Molenbeek 01/02/2026
	<b>5 0 M</b>	
PB	00:25.90	
	<i>00:25.90</i>	
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Coach feedback: