

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

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

Coaches: DE GEETER JOHAN

Coaches: LEPLA MARTINE

PB => Personal Best time

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

## Event number: 1: 100M BUTTERFLY MEN Heat:4, starttime: 09:35

Heat: 4/9 Lane : 4 Athlete: DUFLOUCQ SEPPE Q-time: 01:00:85

PB (50m pool): 01:00.85 Antwerpen 27/07/2025 PB (25m pool): 00:59.09 SB: 01:03.29 Brugge 01/02/2026

	50 M	100 M	
PB	00:27.97	01:00.85	
	00:27.97	00:32.88	
	.....	.....	

Coach feedback:

## Event number: 3: 200M BACKSTROKE MEN Heat:2, starttime: 09:56

Heat: 2/5 Lane : 4 Athlete: SEYS WOUT Q-time: 02:18:79

PB (50m pool): 02:18.79 Antwerpen 27/04/2025 PB (25m pool): 02:15.14 SB: 02:21.30 Antwerpen 08/03/2026

	50 M	100 M	150 M	200 M	
PB	00:32.80	01:08.68	01:45.02	02:18.79	
	00:32.80	00:35.88	00:36.34	00:33.77	
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Coach feedback:

## Event number: 3: 200M BACKSTROKE MEN Heat:2, starttime: 09:56

Heat: 2/5 Lane : 8 Athlete: DEHAENE JULE Q-time: 02:21:41

PB (50m pool): 02:21.41 Antwerpen 27/07/2025 PB (25m pool): 02:15.83 SB: 02:23.38 Brugge 01/02/2026

	50 M	100 M	150 M	200 M	
PB	00:31.39	01:07.12	01:44.88	02:21.41	
	00:31.39	00:35.73	00:37.76	00:36.53	
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Coach feedback:

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<b>Event number: 5: 100M BREASTSTROKE MEN</b>		<b>Heat:4, starttime: 10:27</b>
<b>Heat: 4/9 Lane : 1 Athlete: DUFLOUCQ SEPPE</b>		<b>Q-time: 01:10:93</b>
PB (50m pool): 01:10.93 Antwerpen 27/07/2025		PB (25m pool): no time SB: 01:14.53 Brugge 01/02/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:33.15	01:10.93
	<i>00:33.15</i>	<i>00:37.78</i>
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Coach feedback:

<b>Event number: 5: 100M BREASTSTROKE MEN</b>		<b>Heat:6, starttime: 10:30</b>
<b>Heat: 6/9 Lane : 1 Athlete: DELIE VICO</b>		<b>Q-time: 01:08:45</b>
PB (50m pool): 01:08.45 Luxembourg 01/02/2026		PB (25m pool): 01:06.67 SB: 01:08.45 Luxembourg 01/02/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:31.99	01:08.45
	<i>00:31.99</i>	<i>00:36.46</i>
	.....	.....

Coach feedback:

<b>Event number: 9: 50M FREESTYLE MEN</b>		<b>Heat:1, starttime: 11:13</b>
<b>Heat: 1/12 Lane : 5 Athlete: DUFLOUCQ SEPPE</b>		<b>Q-time: 00:25:91</b>
PB (50m pool): 00:25.91 Brugge 15/03/2025		PB (25m pool): 00:25.05 SB: 00:26.57 Brugge 14/02/2026
	<b>5 0 M</b>	
PB	00:25.91	
	<i>00:25.91</i>	
	.....	

Coach feedback:

<b>Event number: 9: 50M FREESTYLE MEN</b>		<b>Heat:5, starttime: 11:17</b>
<b>Heat: 5/12 Lane : 1 Athlete: DELIE VICO</b>		<b>Q-time: 00:25:23</b>
PB (50m pool): 00:25.23 Luxembourg 01/02/2026		PB (25m pool): 00:25.09 SB: 00:25.23 Luxembourg 01/02/2026
	<b>5 0 M</b>	
PB	00:25.23	
	<i>00:25.23</i>	
	.....	

Coach feedback:

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<b>Event number: 9: 50M FREESTYLE MEN</b>		<b>Heat:5, starttime: 11:17</b>
<b>Heat: 5/12 Lane : 7 Athlete: VANDERHAEGHE ANTWAN</b>		<b>Q-time: 00:25:23</b>
PB (50m pool): 00:25.23 Brugge 14/02/2026		PB (25m pool): 00:24.88 SB: 00:25.23 Brugge 14/02/2026
	<b>5 0 M</b>	
PB	00:25.23	
	<i>00:25.23</i>	
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Coach feedback:

<b>Event number: 10: 50M BACKSTROKE WOMEN</b>		<b>Heat:1, starttime: 11:25</b>
<b>Heat: 1/7 Lane : 8 Athlete: TYVAERT MANON</b>		<b>Q-time: 00:33:86</b>
PB (50m pool): 00:33.66 Antwerpen 21/04/2024		PB (25m pool): 00:32.86 SB: 00:34.63 Brugge 14/02/2026
	<b>5 0 M</b>	
PB	00:33.66	
	<i>00:33.66</i>	
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Coach feedback: