

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

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

Coaches: Jehaes Tess

Coaches: Claes Cédric HEADCOACH

PB => Personal Best time

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

**Event number: 5: 100M BREASTSTROKE MEN** **Heat:1, starttime: 10:22**

**Heat: 1/9 Lane : 4 Athlete: MOERMANS TIJMEN** **Q-time: 01:13:46**

**PB (50m pool): 01:13.46 Antwerp 09/02/2025** **PB (25m pool): 01:10.69 SB: 01:15.85 Genk 01/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:34.26	01:13.46	
	<i>00:34.26</i>	<i>00:39.20</i>	
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Coach feedback:

**Event number: 5: 100M BREASTSTROKE MEN** **Heat:1, starttime: 10:22**

**Heat: 1/9 Lane : 7 Athlete: SWENNEN LARS** **Q-time: 01:15:02**

**PB (50m pool): 01:15.02 Antwerpen 27/07/2025** **PB (25m pool): 01:12.41 SB: 01:16.94 Genk 01/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:36.02	01:15.02	
	<i>00:36.02</i>	<i>00:39.00</i>	
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Coach feedback:

**Event number: 6: 50M BREASTSTROKE WOMEN** **Heat:2, starttime: 10:39**

**Heat: 2/6 Lane : 8 Athlete: ROOX AMÉLIE** **Q-time: 00:37:09**

**PB (50m pool): 00:37.09 Eindhoven 16/02/2025** **PB (25m pool): 00:36.28 SB: 00:37.19 Genk 01/02/2026**

	<b>5 0 M</b>	
PB	00:37.09	
	<i>00:37.09</i>	
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Coach feedback:

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

<b>Event number: 10: 50M BACKSTROKE WOMEN</b>		<b>Heat:4, starttime: 11:30</b>
<b>Heat: 4/7 Lane : 3 Athlete: ROOX AMÉLIE</b>		<b>Q-time: 00:31:88</b>
PB (50m pool): 00:31.88 Antwerpen 27/07/2025		PB (25m pool): 00:30.43 SB: 00:32.18 Genk 01/02/2026
	<b>5 0 M</b>	
<b>PB</b>	00:31.88	
	<i>00:31.88</i>	
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Coach feedback: