

FSC 2026: Session: 3: COACH evaluation sheet for TEAM: ASP

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

PB => Personal Best time

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

Event number: 13: 100M FREESTYLE MEN **Heat:6, starttime: 09:53**

Heat: 6/12 Lane : 1 Athlete: DUMITRACHE TOBIAS **Q-time: 00:54:80**

PB (50m pool): PB (25m pool): SB:

	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN **Heat:6, starttime: 09:53**

Heat: 6/12 Lane : 7 Athlete: GRIGORAS ALEXANDRU NIC **Q-time: 00:54:77**

PB (50m pool): PB (25m pool): SB:

	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN **Heat:11, starttime: 10:00**

Heat: 11/12 Lane : 2 Athlete: SIMION MATEI **Q-time: 00:52:22**

PB (50m pool): PB (25m pool): SB:

	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

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Event number: 15: 200M BUTTERFLY MEN					Heat:3, starttime: 10:19
Heat: 3/4 Lane : 4 Athlete: CRISTIAN LAPADAT					Q-time: 02:04:37
PB (50m pool):		PB (25m pool):		SB:	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB					
	

Coach feedback:

Event number: 17: 50M BREASTSTROKE MEN		Heat:8, starttime: 10:40
Heat: 8/9 Lane : 2 Athlete: MATEI VLAD ALEXANDRU		Q-time: 00:29:25
PB (50m pool):		SB:
	5 0 M	
PB		
	

Coach feedback: