

# FSC 2026: Session: 3: COACH evaluation sheet for TEAM: DZ&PC

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: 12: 200M MEDLEY WOMEN** **Heat:2, starttime: 09:33**

**Heat: 2/5 Lane : 4 Athlete: WESTERNENG FENNA** **Q-time: 02:31:78**

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: 12: 200M MEDLEY WOMEN** **Heat:3, starttime: 09:36**

**Heat: 3/5 Lane : 7 Athlete: MULDER ESMEE** **Q-time: 02:27:39**

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: 12: 200M MEDLEY WOMEN** **Heat:4, starttime: 09:39**

**Heat: 4/5 Lane : 5 Athlete: BOXUM FAY** **Q-time: 02:21:68**

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:

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<b>Event number: 13: 100M FREESTYLE MEN</b>			<b>Heat:7, starttime: 09:54</b>
<b>Heat: 7/12 Lane : 1 Athlete: ISSARD NIEK</b>			<b>Q-time: 00:54:17</b>
PB (50m pool):		PB (25m pool):	SB:
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB			
	.....	.....	

Coach feedback:

<b>Event number: 13: 100M FREESTYLE MEN</b>			<b>Heat:9, starttime: 09:57</b>
<b>Heat: 9/12 Lane : 5 Athlete: STORK FLORIS</b>			<b>Q-time: 00:52:70</b>
PB (50m pool):		PB (25m pool):	SB:
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB			
	.....	.....	

Coach feedback:

<b>Event number: 13: 100M FREESTYLE MEN</b>			<b>Heat:10, starttime: 09:59</b>
<b>Heat: 10/12 Lane : 7 Athlete: BES COLIN</b>			<b>Q-time: 00:52:28</b>
PB (50m pool):		PB (25m pool):	SB:
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB			
	.....	.....	

Coach feedback:

<b>Event number: 14: 100M BREASTSTROKE WOMEN</b>			<b>Heat:4, starttime: 10:09</b>
<b>Heat: 4/5 Lane : 8 Athlete: MULDER ESMEE</b>			<b>Q-time: 01:17:00</b>
PB (50m pool):		PB (25m pool):	SB:
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB			
	.....	.....	

Coach feedback:

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<b>Event number: 16: 50M BUTTERFLY WOMEN</b>			<b>Heat:5, starttime: 10:29</b>	
<b>Heat: 5/7 Lane : 5 Athlete: KORTHUIS SARA</b>			<b>Q-time: 00:27:82</b>	
<b>PB (50m pool):</b>		<b>PB (25m pool):</b>		<b>SB:</b>
	<b>5 0 M</b>			
<b>PB</b>				
	.....			

Coach feedback:

<b>Event number: 17: 50M BREASTSTROKE MEN</b>			<b>Heat:5, starttime: 10:37</b>	
<b>Heat: 5/9 Lane : 4 Athlete: DE BRUIJN EMIEL</b>			<b>Q-time: 00:31:06</b>	
<b>PB (50m pool):</b>		<b>PB (25m pool):</b>		<b>SB:</b>
	<b>5 0 M</b>			
<b>PB</b>				
	.....			

Coach feedback:

<b>Event number: 18: 200M BACKSTROKE WOMEN</b>				<b>Heat:2, starttime: 10:46</b>	
<b>Heat: 2/4 Lane : 5 Athlete: BOXUM FAY</b>				<b>Q-time: 02:20:60</b>	
<b>PB (50m pool):</b>		<b>PB (25m pool):</b>		<b>SB:</b>	
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
<b>PB</b>					
	.....	.....	.....	.....	

Coach feedback:

<b>Event number: 18: 200M BACKSTROKE WOMEN</b>				<b>Heat:4, starttime: 10:53</b>	
<b>Heat: 4/4 Lane : 8 Athlete: ROFFEL MAUD</b>				<b>Q-time: 02:31:32</b>	
<b>PB (50m pool):</b>		<b>PB (25m pool):</b>		<b>SB:</b>	
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	
<b>PB</b>					
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Coach feedback:

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<b>Event number: 19: 50M BACKSTROKE MEN</b>			<b>Heat:7, starttime: 11:05</b>
<b>Heat: 7/9 Lane : 8 Athlete: BES COLIN</b>			<b>Q-time: 00:28:62</b>
PB (50m pool):		PB (25m pool):	SB:
	<b>5 0 M</b>		
PB			
	.....		

Coach feedback:

<b>Event number: 19: 50M BACKSTROKE MEN</b>			<b>Heat:8, starttime: 11:07</b>
<b>Heat: 8/9 Lane : 2 Athlete: ISSARD NIEK</b>			<b>Q-time: 00:27:62</b>
PB (50m pool):		PB (25m pool):	SB:
	<b>5 0 M</b>		
PB			
	.....		

Coach feedback:

<b>Event number: 20: 100M FREESTYLE WOMEN</b>			<b>Heat:5, starttime: 11:16</b>
<b>Heat: 5/8 Lane : 8 Athlete: WESTERNENG FENNA</b>			<b>Q-time: 00:59:67</b>
PB (50m pool):		PB (25m pool):	SB:
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB			
	.....	.....	

Coach feedback:

<b>Event number: 20: 100M FREESTYLE WOMEN</b>			<b>Heat:6, starttime: 11:17</b>
<b>Heat: 6/8 Lane : 6 Athlete: KORTHUIS SARA</b>			<b>Q-time: 00:57:33</b>
PB (50m pool):		PB (25m pool):	SB:
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB			
	.....	.....	

Coach feedback:

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<b>Event number: 21: 400M MEDLEY MEN</b>							<b>Heat:1, starttime: 11:22</b>	
<b>Heat: 1/3 Lane : 1 Athlete: TOLSMA STORM</b>							<b>Q-time: 04:53:17</b>	
<b>PB (50m pool):</b>			<b>PB (25m pool):</b>			<b>SB:</b>		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
<b>PB</b>								
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Coach feedback:

<b>Event number: 21: 400M MEDLEY MEN</b>							<b>Heat:3, starttime: 11:33</b>	
<b>Heat: 3/3 Lane : 7 Athlete: WIERSMA TIEME</b>							<b>Q-time: 04:40:35</b>	
<b>PB (50m pool):</b>			<b>PB (25m pool):</b>			<b>SB:</b>		
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
<b>PB</b>								
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Coach feedback: