

FSC 2026: Session: 3: COACH evaluation sheet for TEAM: HZ&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:1, starttime: 09:30**

Heat: 1/5 Lane : 5 Athlete: BRUINSMA LIESETTE **Q-time: 02:47:37**

PB (50m pool):		PB (25m pool):		SB:
	50 M	100 M	150 M	200 M
PB				

Coach feedback:

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

Heat: 3/5 Lane : 6 Athlete: LICHTENDONK ISMAY **Q-time: 02:23:79**

PB (50m pool):		PB (25m pool):		SB:
	50 M	100 M	150 M	200 M
PB				

Coach feedback:

Event number: 13: 100M FREESTYLE MEN **Heat:4, starttime: 09:50**

Heat: 4/12 Lane : 4 Athlete: KOEHOORN GIJS **Q-time: 00:55:41**

PB (50m pool):		PB (25m pool):		SB:
	50 M	100 M		
PB				
		

Coach feedback:

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

Event number: 14: 100M BREASTSTROKE WOMEN			Heat:1, starttime: 10:03	
Heat: 1/5 Lane : 1 Athlete: BRUINSMA LIESETTE			Q-time: 01:28:14	
PB (50m pool):		PB (25m pool):		SB:
	5 0 M	1 0 0 M		
PB				
		

Coach feedback:

Event number: 18: 200M BACKSTROKE WOMEN				Heat:3, starttime: 10:49	
Heat: 3/4 Lane : 6 Athlete: VAN DER KAMP MARTE HIEKE				Q-time: 02:24:26	
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: 18: 200M BACKSTROKE WOMEN				Heat:4, starttime: 10:53	
Heat: 4/4 Lane : 3 Athlete: LICHTENDONK ISMAY				Q-time: 02:21:62	
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: 18: 200M BACKSTROKE WOMEN				Heat:4, starttime: 10:53	
Heat: 4/4 Lane : 5 Athlete: VAN ETTEN LAURA				Q-time: 02:19:90	
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:

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

Event number: 19: 50M BACKSTROKE MEN			Heat:4, starttime: 11:01
Heat: 4/9 Lane : 1 Athlete: KOEHOORN GIJS			Q-time: 00:29:84
PB (50m pool):		PB (25m pool):	SB:
	5 0 M		
PB			
		

Coach feedback:

Event number: 20: 100M FREESTYLE WOMEN			Heat:1, starttime: 11:10
Heat: 1/8 Lane : 8 Athlete: BRUINSMA LIESETTE			Q-time: 01:05:17
PB (50m pool):		PB (25m pool):	SB:
	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

Event number: 20: 100M FREESTYLE WOMEN			Heat:5, starttime: 11:16
Heat: 5/8 Lane : 2 Athlete: BOLT HEDWIG			Q-time: 00:59:59
PB (50m pool):		PB (25m pool):	SB:
	5 0 M	1 0 0 M	
PB			
	

Coach feedback:

Event number: 20: 100M FREESTYLE WOMEN			Heat:6, starttime: 11:17
Heat: 6/8 Lane : 1 Athlete: VAN ETTEN LAURA			Q-time: 00:58:93
PB (50m pool):		PB (25m pool):	SB:
	5 0 M	1 0 0 M	
PB			
	

Coach feedback: