

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

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

Coaches: Luyten Sjobbe

Coaches: Moors Joren HEADCOACH

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 : 2 Athlete: SPRANGERS KATO **Q-time: 02:33:50**

PB (50m pool): 02:33.50 Amersfoort 22/02/2026 **PB (25m pool): 02:30.50 SB: 02:33.50 Amersfoort 22/02/2026**

	50 M	100 M	150 M	200 M	
PB	00:32.65	01:10.47	01:58.01	02:33.50	
	00:32.65	00:37.82	00:47.54	00:35.49	
	

Coach feedback:

Event number: 18: 200M BACKSTROKE WOMEN **Heat:2, starttime: 10:46**

Heat: 2/4 Lane : 1 Athlete: SPRANGERS KATO **Q-time: 02:31:04**

PB (50m pool): 02:31.04 Antwerpen 27/07/2025 **PB (25m pool): 02:22.50 SB: 02:34.25 Amersfoort 22/02/2026**

	50 M	100 M	150 M	200 M	
PB	00:35.44	01:13.04	01:52.66	02:31.04	
	00:35.44	00:37.60	00:39.62	00:38.38	
	

Coach feedback: