

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

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: 21: 400M MEDLEY MEN **Heat:1, starttime: 11:22**

Heat: 1/3 Lane : 3 Athlete: VOS SEM **Q-time: 04:49:17**

PB (50m pool): 04:52.03 Charleroi 15/02/2026 **PB (25m pool): no time** **SB: 04:52.03 Charleroi 15/02/2026**

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:30.82	01:05.11	01:43.62	02:21.10	03:03.54	03:43.78	04:18.86	04:52.03
	00:30.82	00:34.29	00:38.51	00:37.48	00:42.44	00:40.24	00:35.08	00:33.17

Coach feedback:

Event number: 21: 400M MEDLEY MEN **Heat:2, starttime: 11:28**

Heat: 2/3 Lane : 3 Athlete: BUTTARELLI CLAUDIO **Q-time: 04:28:10**

PB (50m pool): 04:28.10 Antwerpen 27/04/2025 **PB (25m pool): 04:16.12** **SB: no time**

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:28.93	01:01.98	01:38.04	02:12.67	02:50.02	03:28.59	03:59.04	04:28.10
	00:28.93	00:33.05	00:36.06	00:34.63	00:37.35	00:38.57	00:30.45	00:29.06

Coach feedback:

Event number: 21: 400M MEDLEY MEN **Heat:2, starttime: 11:28**

Heat: 2/3 Lane : 5 Athlete: LAVIOLETTE SIMON **Q-time: 04:22:81**

PB (50m pool): 04:22.81 Antwerpen 27/07/2025 **PB (25m pool): 04:09.16** **SB: no time**

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:27.11	00:58.71	01:33.39	02:07.44	02:44.29	03:21.58	03:52.76	04:22.81
	00:27.11	00:31.60	00:34.68	00:34.05	00:36.85	00:37.29	00:31.18	00:30.05

Coach feedback: