

# FSC 2026: Session: 3: COACH evaluation sheet for TEAM: SCZ

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

Coaches: Matthijs Laurenz

PB => Personal Best time

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

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

**Heat: 11/12 Lane : 8 Athlete: MEES RUBEN** **Q-time: 00:52:53**

**PB (50m pool): 00:52.53 Antwerpen 27/04/2025** **PB (25m pool): 00:50.38 SB: no time**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	00:25.00	00:52.53	
	00:25.00	00:27.53	
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Coach feedback:

**Event number: 13: 100M FREESTYLE MEN** **Heat:12, starttime: 10:01**

**Heat: 12/12 Lane : 8 Athlete: MEES BRENT** **Q-time: 00:52:46**

**PB (50m pool): 00:52.46 Zwembad Brigitte Becue 30/05/2025** **PB (25m pool): 00:50.55 SB: 00:54.17 Molenbeek 01/02/2026**

	<b>5 0 M</b>	<b>1 0 0 M</b>	
<b>PB</b>	00:25.37	00:52.46	
	00:25.37	00:27.09	
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Coach feedback: