

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

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

Coaches: Lasoen Sam HEADCOACH

Coaches: Buyck Tine

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 : 6 Athlete: VAN AVONDT LINA **Q-time: 02:33:35**

PB (50m pool): 02:33.35 Gent 08/02/2026 **PB (25m pool): 02:25.66 SB: 02:33.35 Gent 08/02/2026**

	50 M	100 M	150 M	200 M	
PB	00:31.97	01:10.77	01:58.36	02:33.35	
	<i>00:31.97</i>	<i>00:38.80</i>	<i>00:47.59</i>	<i>00:34.99</i>	
	

Coach feedback:

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

Heat: 4/12 Lane : 8 Athlete: DHOOGHE LIAM **Q-time: 00:55:65**

PB (50m pool): 00:55.65 Antwerpen 27/07/2025 **PB (25m pool): 00:54.34 SB: 00:56.11 Luxembourg 01/02/2026**

	50 M	100 M	
PB	00:26.71	00:55.65	
	<i>00:26.71</i>	<i>00:28.94</i>	
	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN **Heat:3, starttime: 10:27**

Heat: 3/7 Lane : 5 Athlete: VAN AVONDT LINA **Q-time: 00:30:36**

PB (50m pool): 00:30.36 Gent 08/02/2026 **PB (25m pool): 00:29.49 SB: 00:30.36 Gent 08/02/2026**

	50 M	
PB	00:30.36	
	<i>00:30.36</i>	
	

Coach feedback:

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Event number: 20: 100M FREESTYLE WOMEN		Heat:5, starttime: 11:16	
Heat: 5/8 Lane : 6 Athlete: VAN AVONDT LINA		Q-time: 00:59:57	
PB (50m pool): 00:59.57 Luxembourg 01/02/2026		PB (25m pool): 00:58.47 SB: 00:59.57 Luxembourg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:28.68	00:59.57	
	<i>00:28.68</i>	<i>00:30.89</i>	
	

Coach feedback: