

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

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

Coaches: Segers Ellen HEADCOACH

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 : 4 Athlete: DE BACKER BIRGIT **Q-time: 02:34:93**

PB (50m pool): 02:35.88 Seraing 23/03/2025 **PB (25m pool): 02:30.67** **SB: 02:38.66** Molenbeek 01/02/2026

| | 5 0 M | 1 0 0 M | 1 5 0 M | 2 0 0 M | |
|-----------|-----------------|-----------------|-----------------|-----------------|--|
| PB | 00:34.94 | 01:13.82 | 02:01.50 | 02:35.88 | |
| | <i>00:34.94</i> | <i>00:38.88</i> | <i>00:47.68</i> | <i>00:34.38</i> | |
| | | | | | |

Coach feedback:

Event number: 13: 100M FREESTYLE MEN **Heat:6, starttime: 09:53**

Heat: 6/12 Lane : 8 Athlete: VERROKEN GERBEN **Q-time: 00:54:82**

PB (50m pool): 00:54.82 Antwerpen 27/07/2025 **PB (25m pool): 00:54.29** **SB: no time**

| | 5 0 M | 1 0 0 M | |
|-----------|-----------------|-----------------|--|
| PB | 00:26.16 | 00:54.82 | |
| | <i>00:26.16</i> | <i>00:28.66</i> | |
| | | | |

Coach feedback:

Event number: 14: 100M BREASTSTROKE WOMEN **Heat:4, starttime: 10:09**

Heat: 4/5 Lane : 1 Athlete: DONIN MANON **Q-time: 01:15:69**

PB (50m pool): 01:15.69 Antwerpen 27/07/2025 **PB (25m pool): 01:14.91** **SB: 01:17.75** Molenbeek 01/02/2026

| | 5 0 M | 1 0 0 M | |
|-----------|-----------------|-----------------|--|
| PB | 00:34.83 | 01:15.69 | |
| | <i>00:34.83</i> | <i>00:40.86</i> | |
| | | | |

Coach feedback:

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

| | | |
|---|-----------------|---|
| Event number: 16: 50M BUTTERFLY WOMEN | | Heat:3, starttime: 10:27 |
| Heat: 3/7 Lane : 1 Athlete: DE BACKER BIRGIT | | Q-time: 00:30:60 |
| PB (50m pool): 00:30.60 Antwerpen 27/04/2025 | | PB (25m pool): 00:30.36 SB: 00:32.01 Molenbeek 01/02/2026 |
| | 5 0 M | |
| PB | 00:30.60 | |
| | <i>00:30.60</i> | |
| | | |

Coach feedback:

| | | |
|---|-----------------|---|
| Event number: 17: 50M BREASTSTROKE MEN | | Heat:2, starttime: 10:34 |
| Heat: 2/9 Lane : 6 Athlete: DE PEYPER NOAH | | Q-time: 00:32:81 |
| PB (50m pool): 00:32.81 Olympic Pool Wezenberg, Antwer 30/03/2025 | | PB (25m pool): 00:31.63 SB: 00:34.75 Wezenberg 03/01/2026 |
| | 5 0 M | |
| PB | 00:32.81 | |
| | <i>00:32.81</i> | |
| | | |

Coach feedback:

| | | |
|--|-----------------|-------------------------------------|
| Event number: 17: 50M BREASTSTROKE MEN | | Heat:3, starttime: 10:35 |
| Heat: 3/9 Lane : 7 Athlete: VERROKEN GERBEN | | Q-time: 00:32:07 |
| PB (50m pool): 00:32.07 Antwerpen 27/07/2025 | | PB (25m pool): 00:32.45 SB: no time |
| | 5 0 M | |
| PB | 00:32.07 | |
| | <i>00:32.07</i> | |
| | | |

Coach feedback:

| | | |
|---|-----------------|---|
| Event number: 19: 50M BACKSTROKE MEN | | Heat:4, starttime: 11:01 |
| Heat: 4/9 Lane : 7 Athlete: VOLCKAERT MATTHIAS | | Q-time: 00:29:84 |
| PB (50m pool): 00:29.84 Antwerpen 27/07/2025 | | PB (25m pool): 00:28.43 SB: 00:29.89 Wezenberg 03/01/2026 |
| | 5 0 M | |
| PB | 00:29.84 | |
| | <i>00:29.84</i> | |
| | | |

Coach feedback:

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

| | | | | | |
|---|-----------------|-----------------|---------------------------------|--|--|
| Event number: 20: 100M FREESTYLE WOMEN | | | Heat:1, starttime: 11:10 | | |
| Heat: 1/8 Lane : 2 Athlete: DONIN MANON | | | Q-time: 01:02:69 | | |
| PB (50m pool): 01:02.69 Olympic Pool Wezenberg, Antwer 30/03/21 PB (125m pool): 01:01.50 SB: no time | | | | | |
| | 5 0 M | 1 0 0 M | | | |
| PB | 00:29.62 | 01:02.69 | | | |
| | <i>00:29.62</i> | <i>00:33.07</i> | | | |
| | | | | | |

Coach feedback:

| | | | | | |
|---|-----------------|-----------------|---------------------------------|--|--|
| Event number: 20: 100M FREESTYLE WOMEN | | | Heat:4, starttime: 11:14 | | |
| Heat: 4/8 Lane : 6 Athlete: DE BACKER BIRGIT | | | Q-time: 01:00:41 | | |
| PB (50m pool): 01:00.41 Olympic Pool Wezenberg, Antwer 30/03/21 PB (125m pool): 00:59.43 SB: 01:01.93 Molenbeek 01/02/2026 | | | | | |
| | 5 0 M | 1 0 0 M | | | |
| PB | 00:28.99 | 01:00.41 | | | |
| | <i>00:28.99</i> | <i>00:31.42</i> | | | |
| | | | | | |

Coach feedback:

| | | | | | | | | |
|---|----------------|----------------|----------------|----------------|----------------|-------------------------------------|----------------|----------------|
| Event number: 23: 800M FREESTYLE MEN | | | | | | Heat:1, starttime: 11:49 | | |
| Heat: 1/1 Lane : 5 Athlete: PERSOONS EMIEL | | | | | | Q-time: 09:37:51 | | |
| PB (50m pool): no time | | | | | | PB (25m pool): 08:58.77 SB: no time | | |
| | 5 0 M | 1 0 0 M | 1 5 0 M | 2 0 0 M | 2 5 0 M | 3 0 0 M | 3 5 0 M | 4 0 0 M |
| PB | no time | no time | no time | no time | no time | no time | no time | no time |
| | <i>no time</i> | | | | | | | |
| | | | | | | | | |
| | 4 5 0 M | 5 0 0 M | 5 5 0 M | 6 0 0 M | 6 5 0 M | 7 0 0 M | 7 5 0 M | 8 0 0 M |
| PB | no time | no time | no time | no time | no time | no time | no time | no time |
| | | | | | | | | |
| | | | | | | | | |

Coach feedback: