

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

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

Coaches: Meyers Sepp

PB => Personal Best time

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

Event number: 14: 100M BREASTSTROKE WOMEN **Heat:2, starttime: 10:05**

Heat: 2/5 Lane : 5 Athlete: VAN OSTA NOMI **Q-time: 01:18:09**

PB (50m pool): 01:17.45 ANTWERPEN 30/07/2023 **PB (25m pool): 01:15.39 SB: 01:20.44 Wezenberg 01/02/2026**

	5 0 M	1 0 0 M	
PB	no time	01:17.45	
	<i>no time</i>		
	

Coach feedback:

Event number: 15: 200M BUTTERFLY MEN **Heat:2, starttime: 10:16**

Heat: 2/4 Lane : 5 Athlete: LAUREYSSSENS LUKAS **Q-time: 02:07:70**

PB (50m pool): 02:07.70 Antwerpen 27/07/2025 **PB (25m pool): 02:09.32 SB: 02:14.42 Wezenberg 01/02/2026**

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.10	01:00.39	01:33.79	02:07.70	
	<i>00:28.10</i>	<i>00:32.29</i>	<i>00:33.40</i>	<i>00:33.91</i>	
	

Coach feedback:

Event number: 16: 50M BUTTERFLY WOMEN **Heat:2, starttime: 10:26**

Heat: 2/7 Lane : 7 Athlete: VAN OSTA NOMI **Q-time: 00:31:17**

PB (50m pool): 00:31.17 Antwerpen 27/07/2025 **PB (25m pool): 00:29.54 SB: 00:31.43 Wezenberg 03/01/2026**

	5 0 M	
PB	00:31.17	
	<i>00:31.17</i>	
	

Coach feedback:

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

Event number: 19: 50M BACKSTROKE MEN		Heat:1, starttime: 10:56
Heat: 1/9 Lane : 5 Athlete: MATHIEU JACK		Q-time: 00:30:70
PB (50m pool): 00:30.70 Wezenberg 01/02/2026		PB (25m pool): 00:29.72 SB: 00:30.70 Wezenberg 01/02/2026
	5 0 M	
PB	00:30.70	
	<i>00:30.70</i>	
	

Coach feedback: