

FSC 2026: Session: 5: COACH evaluation sheet for TEAM: BRABO

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

Coaches: Hoffmann Serge HEADCOACH

PB => Personal Best time

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

Event number: 24: 200M FREESTYLE MEN **Heat:2, starttime: 09:33**

Heat: 2/7 Lane : 5 Athlete: BAHLOULA NAEL **Q-time: 02:02:36**

PB (50m pool): 02:05.70 Antwerp 09/02/2025 **PB (25m pool): 02:00.43 SB: no time**

	50 M	100 M	150 M	200 M	
PB	00:29.18	01:01.54	01:34.67	02:05.70	
	00:29.18	00:32.36	00:33.13	00:31.03	
	

Coach feedback:

Event number: 24: 200M FREESTYLE MEN **Heat:2, starttime: 09:33**

Heat: 2/7 Lane : 6 Athlete: NIJSKENS KAREL **Q-time: 02:03:31**

PB (50m pool): 02:03.31 Olympic Pool Wezenberg, Antwer 30/03/2025 **PB (25m pool): 02:00.55 SB: no time**

	50 M	100 M	150 M	200 M	
PB	00:27.82	00:58.88	01:31.24	02:03.31	
	00:27.82	00:31.06	00:32.36	00:32.07	
	

Coach feedback:

Event number: 24: 200M FREESTYLE MEN **Heat:3, starttime: 09:35**

Heat: 3/7 Lane : 8 Athlete: RAVELINGIEN TIBE **Q-time: 02:01:11**

PB (50m pool): 02:01.11 Antwerpen 27/07/2025 **PB (25m pool): 02:00.12 SB: no time**

	50 M	100 M	150 M	200 M	
PB	00:27.76	00:58.37	01:30.25	02:01.11	
	00:27.76	00:30.61	00:31.88	00:30.86	
	

Coach feedback:

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Event number: 24: 200M FREESTYLE MEN					Heat:5, starttime: 09:40
Heat: 5/7 Lane : 2 Athlete: KINDT LEVI					Q-time: 01:54:69
PB (50m pool): no time			PB (25m pool): 01:51.48 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 24: 200M FREESTYLE MEN					Heat:6, starttime: 09:43
Heat: 6/7 Lane : 6 Athlete: LAMMENS SEPPE					Q-time: 01:53:88
PB (50m pool): 01:53.88 Antwerp 09/02/2025			PB (25m pool): 01:49.80 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.42	00:55.44	01:24.69	01:53.88	
	<i>00:26.42</i>	<i>00:29.02</i>	<i>00:29.25</i>	<i>00:29.19</i>	
	

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN				Heat:2, starttime: 09:50
Heat: 2/8 Lane : 4 Athlete: VAN LAARHOVEN ALESSIA				Q-time: 01:11:19
PB (50m pool): 01:10.35 Antwerpen 28/07/2024		PB (25m pool): 01:08.68 SB: 01:13.45 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M		
PB	no time	01:10.35		
	<i>no time</i>			
		

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN				Heat:2, starttime: 09:50
Heat: 2/8 Lane : 8 Athlete: KUZNETCOVA SVETLANA				Q-time: 01:12:78
PB (50m pool): 01:11.23 Wezenberg 08/01/2023		PB (25m pool): 01:09.04 SB: 01:14.78 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M		
PB	no time	01:11.23		
	<i>no time</i>			
		

Coach feedback:

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Event number: 25: 100M BACKSTROKE WOMEN		Heat:4, starttime: 09:55
Heat: 4/8 Lane : 2 Athlete: VAN DEN WYNGAERT ELIZABETH		Q-time: 01:09:98
PB (50m pool): 01:09.89 Luxembourg 01/02/2026		PB (25m pool): 01:05.74 SB: 01:09.89 Luxembourg 01/02/2026
	5 0 M	1 0 0 M
PB	00:33.06	01:09.89
	<i>00:33.06</i>	<i>00:36.83</i>

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN		Heat:4, starttime: 09:55
Heat: 4/8 Lane : 7 Athlete: TEMMERMAN ELYNNE		Q-time: 01:09:99
PB (50m pool): 01:09.64 Antwerpen 08/03/2026		PB (25m pool): 01:08.16 SB: 01:09.64 Antwerpen 08/03/2026
	5 0 M	1 0 0 M
PB	00:33.55	01:09.64
	<i>00:33.55</i>	<i>00:36.09</i>

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN		Heat:6, starttime: 09:59
Heat: 6/8 Lane : 2 Athlete: HEIJL OLIVIA		Q-time: 01:05:92
PB (50m pool): 01:05.58 ANTWERPEN 30/07/2023		PB (25m pool): 01:03.59 SB: 01:07.04 Wezenberg 01/02/2026
	5 0 M	1 0 0 M
PB	no time	01:05.58
	<i>no time</i>	

Coach feedback:

Event number: 25: 100M BACKSTROKE WOMEN		Heat:7, starttime: 10:01
Heat: 7/8 Lane : 1 Athlete: METZEMAKERS LéA		Q-time: 01:06:90
PB (50m pool): 01:06.90 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:03.72 SB: 01:10.04 Luxembourg 01/02/2026
	5 0 M	1 0 0 M
PB	00:33.23	01:06.90
	<i>00:33.23</i>	<i>00:33.67</i>

Coach feedback:

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Event number: 25: 100M BACKSTROKE WOMEN			Heat:7, starttime: 10:01
Heat: 7/8 Lane : 5 Athlete: BROECKAERT NOOR			Q-time: 01:03:73
PB (50m pool): 01:03.73 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:02.33 SB: 01:08.20 Wezenberg 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:30.44	01:03.73	
	<i>00:30.44</i>	<i>00:33.29</i>	
	

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN				Heat:2, starttime: 10:09
Heat: 2/6 Lane : 2 Athlete: CALLEWAERT NIELS				Q-time: 02:40:92
PB (50m pool): 02:40.92 Wezenberg 01/02/2026 PB (25m pool): 02:36.43 SB: 02:40.92 Wezenberg 01/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:34.13	01:15.27	01:57.44	02:40.92
	<i>00:34.13</i>	<i>00:41.14</i>	<i>00:42.17</i>	<i>00:43.48</i>

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN				Heat:2, starttime: 10:09
Heat: 2/6 Lane : 6 Athlete: ESHUIS THOM				Q-time: 02:40:63
PB (50m pool): 02:40.63 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:37.67 SB: 02:47.98 Wezenberg 01/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:36.12	01:17.59	01:59.44	02:40.63
	<i>00:36.12</i>	<i>00:41.47</i>	<i>00:41.85</i>	<i>00:41.19</i>

Coach feedback:

Event number: 26: 200M BREASTSTROKE MEN				Heat:5, starttime: 10:18
Heat: 5/6 Lane : 6 Athlete: METZEMAKERS NOA				Q-time: 02:23:76
PB (50m pool): 02:23.76 Antwerpen 27/07/2025 PB (25m pool): 02:18.08 SB: 02:24.07 Wezenberg 01/02/2026				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:32.32	01:08.98	01:46.46	02:23.76
	<i>00:32.32</i>	<i>00:36.66</i>	<i>00:37.48</i>	<i>00:37.30</i>

Coach feedback:

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Event number: 26: 200M BREASTSTROKE MEN				Heat:6, starttime: 10:21	
Heat: 6/6 Lane : 3 Athlete: DESPALLIER DAAN				Q-time: 02:22:13	
PB (50m pool): 02:22.13 Antwerpen 27/07/2025			PB (25m pool): 02:16.15 SB: 02:29.80 Luxembourg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.56	01:09.19	01:45.67	02:22.13	
	<i>00:32.56</i>	<i>00:36.63</i>	<i>00:36.48</i>	<i>00:36.46</i>	
	

Coach feedback:

Event number: 27: 200M BUTTERFLY WOMEN				Heat:1, starttime: 10:25	
Heat: 1/2 Lane : 6 Athlete: BROECKAERT NOA				Q-time: 02:33:19	
PB (50m pool): 02:33.19 Antwerpen 27/07/2025			PB (25m pool): 02:31.08 SB: 02:35.64 Luxembourg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.32	01:12.55	01:53.11	02:33.19	
	<i>00:33.32</i>	<i>00:39.23</i>	<i>00:40.56</i>	<i>00:40.08</i>	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:2, starttime: 10:33	
Heat: 2/10 Lane : 2 Athlete: NOLLET ROBBE		Q-time: 00:27:94	
PB (50m pool): 00:27.94 Antwerpen 20/04/2025		PB (25m pool): 00:27.92 SB: 00:30.01 Wezenberg 01/02/2026	
	5 0 M		
PB	00:27.94		
	<i>00:27.94</i>		
		

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:3, starttime: 10:34	
Heat: 3/10 Lane : 2 Athlete: NIJSKENS KAREL		Q-time: 00:27:70	
PB (50m pool): 00:27.70 Olympic Pool Wezenberg, Antwer 30/03/2025		PB (25m pool): 00:26.87 SB: no time	
	5 0 M		
PB	00:27.70		
	<i>00:27.70</i>		
		

Coach feedback:

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Event number: 28: 50M BUTTERFLY MEN		Heat:6, starttime: 10:36
Heat: 6/10 Lane : 5 Athlete: OPDENBERGH MERLIJN		Q-time: 00:26:48
PB (50m pool): 00:26.48 Antwerpen 27/07/2025		PB (25m pool): 00:26.96 SB: 00:27.17 Wezenberg 03/01/2026
	5 0 M	
PB	00:26.48	
	00:26.48	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:6, starttime: 10:36
Heat: 6/10 Lane : 8 Athlete: BRACKE ERNO		Q-time: 00:26:73
PB (50m pool): 00:26.73 Wezenberg 03/01/2026		PB (25m pool): 00:26.02 SB: 00:26.73 Wezenberg 03/01/2026
	5 0 M	
PB	00:26.73	
	00:26.73	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:7, starttime: 10:37
Heat: 7/10 Lane : 3 Athlete: DE MEYER NIELS		Q-time: 00:26:11
PB (50m pool): 00:26.09 Antwerp 21/01/2024		PB (25m pool): 00:26.28 SB: 00:26.11 Wezenberg 01/02/2026
	5 0 M	
PB	00:26.09	
	00:26.09	
	

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:8, starttime: 10:38
Heat: 8/10 Lane : 3 Athlete: VANHAMEL YONAS		Q-time: 00:25:13
PB (50m pool): 00:25.13 Antwerpen 27/04/2025		PB (25m pool): 00:25.08 SB: 00:25.38 Wezenberg 03/01/2026
	5 0 M	
PB	00:25.13	
	00:25.13	
	

Coach feedback:

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Event number: 28: 50M BUTTERFLY MEN		Heat:8, starttime: 10:38	
Heat: 8/10 Lane : 4 Athlete: VAN HOOYDONCK VINCENT		Q-time: 00:24:21	
PB (50m pool): 00:24.21 Antwerp 09/02/2025		PB (25m pool): 00:23.83 SB: 00:24.33 Luxembourg 01/02/2026	
	5 0 M		
PB	00:24.21		
	<i>00:24.21</i>		
		

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:9, starttime: 10:39	
Heat: 9/10 Lane : 8 Athlete: VERVLOET RUWEN		Q-time: 00:25:90	
PB (50m pool): 00:25.90 Antwerpen 27/04/2025		PB (25m pool): 00:25.34 SB: 00:26.06 Luxembourg 01/02/2026	
	5 0 M		
PB	00:25.90		
	<i>00:25.90</i>		
		

Coach feedback:

Event number: 28: 50M BUTTERFLY MEN		Heat:10, starttime: 10:40	
Heat: 10/10 Lane : 7 Athlete: LAMMENS SEPPE		Q-time: 00:25:55	
PB (50m pool): 00:25.83 Luxembourg 01/02/2026		PB (25m pool): 00:25.47 SB: 00:25.83 Luxembourg 01/02/2026	
	5 0 M		
PB	00:25.83		
	<i>00:25.83</i>		
		

Coach feedback:

Event number: 29: 200M BREASTSTROKE WOMEN				Heat:2, starttime: 10:45	
Heat: 2/4 Lane : 8 Athlete: LEPAGE AMÉLIE				Q-time: 02:51:70	
PB (50m pool): 02:47.38 Antwerpen 08/03/2026		PB (25m pool): 02:46.71 SB: 02:47.38 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.78	01:20.19	02:03.53	02:47.38	
	<i>00:36.78</i>	<i>00:43.41</i>	<i>00:43.34</i>	<i>00:43.85</i>	
	

Coach feedback:

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Event number: 29: 200M BREASTSTROKE WOMEN				Heat:3, starttime: 10:48	
Heat: 3/4 Lane : 2 Athlete: DHOOGHE KATIA				Q-time: 02:44:65	
PB (50m pool): 02:44.55 Antwerpen 21/04/2024			PB (25m pool): 02:37.79 SB: 02:46.14 Luxembourg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:44.55	
	<i>no time</i>				
	

Coach feedback:

Event number: 29: 200M BREASTSTROKE WOMEN				Heat:4, starttime: 10:52	
Heat: 4/4 Lane : 8 Athlete: FATIH AYA				Q-time: 02:50:39	
PB (50m pool): 02:50.39 Antwerpen 27/04/2025			PB (25m pool): 02:46.02 SB: 02:51.56 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.77	01:21.17	02:04.71	02:50.39	
	<i>00:37.77</i>	<i>00:43.40</i>	<i>00:43.54</i>	<i>00:45.68</i>	
	

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN			Heat:1, starttime: 10:56		
Heat: 1/7 Lane : 6 Athlete: NOLLET ROBBE			Q-time: 01:05:80		
PB (50m pool): 01:05.29 Antwerpen 28/07/2024			PB (25m pool): 01:03.09 SB: no time		
	5 0 M	1 0 0 M			
PB	no time	01:05.29			
	<i>no time</i>				
			

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN			Heat:3, starttime: 11:00		
Heat: 3/7 Lane : 2 Athlete: BAHLOULA NAEL			Q-time: 01:04:16		
PB (50m pool): 01:04.16 Antwerpen 27/07/2025			PB (25m pool): 01:02.71 SB: 01:06.02 Wezenberg 03/01/2026		
	5 0 M	1 0 0 M			
PB	00:30.91	01:04.16			
	<i>00:30.91</i>	<i>00:33.25</i>			
			

Coach feedback:

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Event number: 30: 100M BACKSTROKE MEN		Heat:3, starttime: 11:00
Heat: 3/7 Lane : 5 Athlete: DE MEYER NIELS		Q-time: 01:03:89
PB (50m pool): 01:03.89 Wezenberg 03/01/2026		PB (25m pool): 01:00.44 SB: 01:03.89 Wezenberg 03/01/2026
	5 0 M	1 0 0 M
PB	00:30.81	01:03.89
	<i>00:30.81</i>	<i>00:33.08</i>

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN		Heat:5, starttime: 11:04
Heat: 5/7 Lane : 1 Athlete: HEYRMAN TIGO		Q-time: 01:02:44
PB (50m pool): 01:00.95 Antwerpen 28/07/2024		PB (25m pool): 00:58.69 SB: 01:02.44 Wezenberg 03/01/2026
	5 0 M	1 0 0 M
PB	no time	01:00.95
	<i>no time</i>	

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN		Heat:5, starttime: 11:04
Heat: 5/7 Lane : 5 Athlete: LAVDANITI ZHULIAN XHOI		Q-time: 00:58:08
PB (50m pool): 00:57.55 ANTWERPEN 23/04/2023		PB (25m pool): 00:56.24 SB: 00:58.61 Wezenberg 03/01/2026
	5 0 M	1 0 0 M
PB	no time	00:57.55
	<i>no time</i>	

Coach feedback:

Event number: 30: 100M BACKSTROKE MEN		Heat:5, starttime: 11:04
Heat: 5/7 Lane : 6 Athlete: VOLDERS ARNE		Q-time: 00:59:01
PB (50m pool): 00:59.01 Antwerpen 27/07/2025		PB (25m pool): 00:56.31 SB: 01:00.65 Antwerpen 08/03/2026
	5 0 M	1 0 0 M
PB	00:28.39	00:59.01
	<i>00:28.39</i>	<i>00:30.62</i>

Coach feedback:

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Event number: 30: 100M BACKSTROKE MEN		Heat:6, starttime: 11:06	
Heat: 6/7 Lane : 7 Athlete: GORIS RUBEN		Q-time: 01:01:15	
PB (50m pool): 01:01.15 Antwerpen 27/07/2025		PB (25m pool): 00:59.51 SB: 01:01.71 Wezenberg 01/02/2026	
	50 M	100 M	
PB	00:29.81	01:01.15	
	00:29.81	00:31.34	
	

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:2, starttime: 11:11	
Heat: 2/7 Lane : 5 Athlete: BROECKAERT NOA		Q-time: 00:28:25	
PB (50m pool): 00:28.25 Antwerpen 27/07/2025		PB (25m pool): 00:27.53 SB: 00:28.85 Luxembourg 01/02/2026	
	50 M		
PB	00:28.25		
	00:28.25		
		

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:3, starttime: 11:12	
Heat: 3/7 Lane : 1 Athlete: GENBRUGGE ÉLÉA		Q-time: 00:28:17	
PB (50m pool): 00:27.66 Antwerpen 08/03/2026		PB (25m pool): 00:27.27 SB: 00:27.66 Antwerpen 08/03/2026	
	50 M		
PB	00:27.66		
	00:27.66		
		

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:3, starttime: 11:12	
Heat: 3/7 Lane : 5 Athlete: HEIJL OLIVIA		Q-time: 00:27:94	
PB (50m pool): 00:27.94 Antwerpen 27/07/2025		PB (25m pool): 00:27.53 SB: no time	
	50 M		
PB	00:27.94		
	00:27.94		
		

Coach feedback:

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Event number: 31: 50M FREESTYLE WOMEN		Heat:4, starttime: 11:13
Heat: 4/7 Lane : 7 Athlete: STREEP FLO		Q-time: 00:27:79
PB (50m pool): 00:27.79 Wezenberg 01/02/2026		PB (25m pool): 00:27.28 SB: 00:27.79 Wezenberg 01/02/2026
	5 0 M	
PB	00:27.79	
	00:27.79	
	

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:6, starttime: 11:15
Heat: 6/7 Lane : 6 Athlete: RAVELINGIEN LANA		Q-time: 00:26:67
PB (50m pool): 00:26.58 Antwerpen 22/01/2023		PB (25m pool): 00:25.87 SB: 00:26.68 Wezenberg 01/02/2026
	5 0 M	
PB	00:26.58	
	00:26.58	
	

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:6, starttime: 11:15
Heat: 6/7 Lane : 7 Athlete: VAN DEN WYNGAERT ELIZABETH		Q-time: 00:27:06
PB (50m pool): 00:27.06 Antwerpen 27/07/2025		PB (25m pool): 00:26.28 SB: 00:27.13 Luxembourg 01/02/2026
	5 0 M	
PB	00:27.06	
	00:27.06	
	

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:7, starttime: 11:16
Heat: 7/7 Lane : 2 Athlete: METZEMAKERS LéA		Q-time: 00:26:76
PB (50m pool): 00:26.76 Antwerpen 27/04/2025		PB (25m pool): 00:26.48 SB: 00:27.15 Luxembourg 01/02/2026
	5 0 M	
PB	00:26.76	
	00:26.76	
	

Coach feedback:

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Event number: 31: 50M FREESTYLE WOMEN		Heat:7, starttime: 11:16
Heat: 7/7 Lane : 7 Athlete: BROECKAERT NOOR		Q-time: 00:26:96
PB (50m pool): 00:26.96 Antwerpen 27/07/2025		PB (25m pool): 00:26.33 SB: 00:27.93 Wezenberg 01/02/2026
	5 0 M	
PB	00:26.96	
	00:26.96	
	

Coach feedback:

Event number: 31: 50M FREESTYLE WOMEN		Heat:7, starttime: 11:16
Heat: 7/7 Lane : 8 Athlete: MAEREVOET MARIE		Q-time: 00:27:31
PB (50m pool): 00:27.17 Antwerpen 28/07/2024		PB (25m pool): 00:26.55 SB: 00:28.84 Luxembourg 01/02/2026
	5 0 M	
PB	00:27.17	
	00:27.17	
	

Coach feedback:

Event number: 32: 200M MEDLEY MEN				Heat:4, starttime: 11:26
Heat: 4/6 Lane : 1 Athlete: METZEMAKERS NOA				Q-time: 02:15:22
PB (50m pool): 02:15.22 Wezenberg 01/02/2026		PB (25m pool): 02:14.63 SB: 02:15.22 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:28.03	01:05.77	01:44.38	02:15.22
	00:28.03	00:37.74	00:38.61	00:30.84

Coach feedback:

Event number: 32: 200M MEDLEY MEN				Heat:4, starttime: 11:26
Heat: 4/6 Lane : 7 Athlete: DESPALLIER DAAN				Q-time: 02:13:19
PB (50m pool): 02:13.19 Antwerpen 27/07/2025		PB (25m pool): 02:10.53 SB: 02:18.34 Luxembourg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:28.49	01:04.71	01:43.06	02:13.19
	00:28.49	00:36.22	00:38.35	00:30.13

Coach feedback:

FSC 2026: Session: 5: COACH evaluation sheet for TEAM: BRABO

Event number: 33: 400M FREESTYLE WOMEN							Heat:3, starttime: 11:45	
Heat: 3/4 Lane : 3 Athlete: RAVELINGIEN LANA							Q-time: 04:21:50	
PB (50m pool): 04:21.50 Antwerpen 27/07/2025				PB (25m pool): 04:16.54 SB: 04:27.01 Wezenberg 01/02/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:28.83	01:01.79	01:35.45	02:09.02	02:42.46	03:15.96	03:49.16	04:21.50
	<i>00:28.83</i>	<i>00:32.96</i>	<i>00:33.66</i>	<i>00:33.57</i>	<i>00:33.44</i>	<i>00:33.50</i>	<i>00:33.20</i>	<i>00:32.34</i>

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